



THE WEEK OF
EXTREME
MOTHERHOOD

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than your
parents

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'Hitman' Hart
on Mickey
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harsh reality P.33

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really think of
Barack Obama P.16

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BRAVY OH (impossible) // Rapper M.I.A. appeared on the *Genie* a nine-months pregnant.

Mothers gone wild

Motherhood has never been simple or easy. But recent weeks have provided several making examples of what many consider to be modern parenting.

At the Grammy music awards last week, British rapper M.I.A. danced and sang with considerable vigour while nine-months pregnant. "Can't we're shining years," the song went, and anyone who has been watching what happened to the large pelvis of diaper would have to agree. Her performance was a pin-dropper—with some impressed by her bravado, others shocked.

Less impressive is Raquel Mayar, the 60-year-old mother of twins who received in vitro fertilization from a clinic in India after being refused treatment in Canada because of her age. She then returned to Calgary to give birth, and in a series of outcries regard the propriety of mothering at such an advanced age, plus the cost to the public health care system. "Pregnancy at that age is unnecessary," scoffed the Calgary Herald. "At some point, humans become too old to chase after small children."

Finally, there's Andrea Salomon, the newest, unemployed mother of six who recently gave birth to octuplets in California. In an interview on NBC's *Today*, Salomon claimed she sought a large family to compete for an "extreme" child hood (although she currently lives with her parents). The decision by doctors to implant her with six in vitro embryos has been called "ethically bonkers" by Arthur Caplin, the director of the Centre for Bioethics at the University of Pennsylvania.

All three women have been censured for violating social norms. But where should we

draw the line? Common sense seems a good starting point. Plus the best interests of the children. If M.I.A. had been skydiving, there might be a stronger case for protecting her unborn child. But dancing seems natural and even healthy. Wherever practical, mothers ought to be left alone to share their decisions. The same goes for Mayar. Her pregnancy may have occurred outside Canada and/or outside, but having received phone she is entitled to appropriate health care to ensure the best outcomes for her children.

To our mind, only Salomon raises real problems in implanting six embryos in a 33-year-old woman (she violates the voluntary code

of practice of the American Society of Reproductive Medicine (as well as the Canadian Fertility and Andrology Society) because

raucous multiple births create substantial risks

for the unborn children. That, and her pre-

carious home life, suggest a failure by the

medical community to actively protect the best interests of parental children—and a reason for society to be involved.

We'd love to hear your opinion on this contentious topic. Please answer our online poll at www.macleans.ca/online. "Those children are mine. Likely to have a bright future ahead?"

MacLellan is pleased to be recognized as one of the "new bright spots" among Canadian magazines in our recent sales growth by an impressive seven per cent for the last six months of 2008, compared to the previous year. An experienced member of British media and a frequent member of British events and conferences during this time has caused me to seek out trusted sources of news and opinion. We are honoured to be among those sources. ■

OPINION
M.I.A.
Raquel Mayar
Andrea Salomon
BY TREVOR COOK
PHOTOGRAPH BY ANDREW COOPER

GOING DEEP

BY TREVOR COOK
PHOTOGRAPH BY ANDREW COOPER

Salomon's choice to have six embryos implanted in her womb is a choice that many people would consider irresponsible. But it's not her choice alone that creates the ethical and medical risks. The medical community has a responsibility to ensure that women like Salomon receive the best care possible.

WHAT'S IN A SUBSCRIPTION?

BY TREVOR COOK
PHOTOGRAPH BY ANDREW COOPER

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THINKING THE UNTHINKABLES

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CANADIAN IMMIGRATION POLICY

OR, SANDO

U.S. DEEP INTEGRATION

SELLING WINTER

EDUCATION

CODION TAX

 James Bissett is the former head of the Canadian Immigration Service.

I'm in favour of immigration, but it has to be managed. It has to be fair or needs. A lot of this immigrants that are earning here are not doing well and the system is as out of control, most immigrants coming here aren't even immigrated. This is a program that's out of control, it's not managed well.



ONLINE DEBATE SERIES

Should Canada adopt a more wide-open immigration policy or should we be more focused on targeted immigration based on Canada's market needs?

ISSUES IN CANADIAN IMMIGRATION

 Andrew Coyne is national editor for Maclean's magazine.

Immigration by the numbers. Canada took in 440,000 newcomers to Canada in 2007, and since the early 1980s we've been taking in a quarter of a million a year, most of them to these cities, Toronto, Montreal and Vancouver. And yet, this country took in a greater proportion of new Canadians during the 1990s and 2000s, when our population was less than 2/3 what it is today.

Help for our economy, or a burden on society? Immigrants are thought to contribute to the nation both as producers of wealth and consumers, boosting our economy. But there can be unintended consequences to that: greater requirements for government services by immigrants that may not be offset by economic gains.

The people we need. Immigration has been cited as a solution for Canada's aging work population. But if we were to raise the retirement age we could solve much of the projected shortfall in workers.

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This week on the Web

We're with the President

Get all the news and gossip about Obama's Ottawa visit from the moment he lands in the nation's capital on Feb. 1.

Macleans.ca/obama



BLOG CENTRAL



ANDREW COYNE
"Coyne is right in his analysis that there's a great leap of hubris and emotional leavings, not least the deep resentment and remonstrance of a party that has lost too many elections." macleans.ca/obama



PAUL WELLS
"The last thing I was told regarding Barack Obama is not where he makes his obligatory first visit to Canada, but that he will think to call afterwards just to keep in touch." macleans.ca/obama



KAY O'MALLEY
"The amount of email received by the Prime Minister's Office appears to have increased since January 2007: the amount of paper mail and phone calls has dropped as well." macleans.ca/obama

WEB POLL RESULTS

Should Finance Minister Jim Flaherty respond to the surge in unemployment (up to 7.2 per cent in January) by bolstering his government's stimulus package?



THIS WEEK'S POLL (January 27/28)

JOIN THE DISCUSSION

Comments on a story or a post. Go tell our writers what you think.

OPENING WEEKEND



Need to know

Every day, our staff searches the Web and directs you to the most important stories on the Internet. Be sure yourself it's the latest and breaking news. macleans.ca/needtoknow

SARKOZY GOADS DUCEPPE, SPINAL TAP RETURNS, BLOOMBERG SOLVES MAPLE SYRUP MYSTERY

NEWSMAKERS

Duceppe likes Canada, just not in that way

Last week in Paris, at the ceremony to present Quebec Premier Jean Charest with France's Legion of Honor, President Nicolas Sarkozy taunted Quebec sovereignty by issuing on the folly of their thinking: "Do you really believe that the world, with the unprecedented crisis that it is going through, needs devolution, secession?" he said. Back in Canada, Bloc Québécois Leader Gilles Duceppe said that President Sarkozy clearly does not understand the semantic subtleties of Quebec politics: "We can be a sovereign country and that doesn't mean that we hate Canada. On the contrary," he insisted, "it's a great country and I like the Canadian nation very much."

Artistic imitative art

While a gallery full of Boston art patrons awaited the arrival of guerrilla street artist Shepard Fairey at the launch of his first exhibition, Fairey was being arrested by local police for allegedly defacing a Massachusetts Turnpike building with graffiti. The artist, best known for his Barack Obama "Hope" poster, was due to be at the solo art event at Boston's Institute of Contemporary Art. Fairey has been keeping his lawyers busy of late. On Monday, he sued the Associated Press for their challenge to his website, the newsgathering clause. Fairey based his famous Obama portrait on an AP photograph without permission. At the launch event, one graduate student told the Boston Globe that Fairey's "street" makes

an event at Boston's Institute of Contemporary Art. Fairey has been keeping his lawyers busy of late. On Monday, he sued the Associated Press for their challenge to his website, the newsgathering clause. Fairey based his famous Obama portrait on an AP photograph without permission. At the launch event, one graduate student told the Boston Globe that Fairey's "street" makes



him even more of a hero to me," since he proves he is willing to be locked up for his art.

Smoke signals

The son of former governor general Ed Schreyer has been charged with串通 (conspiracy) to suffer from schizophrenia, and he will stand trial guilty to the charges, which his father called "frivolous and vexatious." In Yan country, a 19-year-old boy was arrested for setting fire to the house of Brian Colvin, the Lieutenant-Governor. Steven Poizner, an RCMP spokesperson, said the boy, who lives in a local native community, was aware that the home belonged to Poizner—the province's first native lieutenant-governor—but that it was unclear why he set the fire. "The motive, I can tell you, was not politically driven."

Variations on the half-buried apology

Last week, 39-year-old Bostonite Cheyenne Babe—former titillated sexsymbol for his Round trade against a hapless crew member on the set of *Entourage*—collected a Los Angeles radio station and apologized for "acting like a punk." It was his honest admission, he said. Also kind of witty was Eva James, who told a Seattle audience that Beyoncé was going to "get her ass whupped" for singing the

song she made famous. At last, as the President's inauguration "isn't really meant to be," she later said. "Even as a little child, I've always had that certain kind of attitude." And in the U.K., Jeremy Clarkson, host of the BBC's *Top Gear*, apologetically called former Prime Minister Gordon Brown a "rat-eyed Scrooge idiot" during a discussion with Australian journalists about the current economic crisis. A Downing Street spokesperson would only say that Clarkson "is entitled to his own interpretation of the current economic circumstances."

The sweet smell of success

New York Mayor Michael Bloomberg and his "smelling shmoes" have finally identified the mysterious maple syrup olfactory that has been wafting over Manhattan off and on since 2005. The "probable source," he said, is a group of fragrance and food additive factories in New Jersey where maple syrup seeds are processed. The leaves are now toxic. "Given the evidence," he said, "I think it's safe to say the 'Great

Maple Syrup Mystery' has finally been solved."

Was there something in the air that night?

The members of Iggy Pop, an Akron, Ohio, band, may have wind avuncles of performing a 15-song concert for Russian Prime Minister Vladimir Putin, but the PM's spokesman says it never happened. According to the band's founder, Iggy Pop, the group recently flew into Moscow from London, then drove to the resort Lake Vildza where they played for Putin and others, who were seen smiling widely by everyone. Adam McLaughlin, who plays Iggy's resident bongo, told British reporters, "Putin" was dancing along to Iggy's "I'm aager" and raised shanks in the air during the blues. When we asked the audience to," he even shouted, "I'm aager." Putin's spokesman Dmitry Peskov said that such concert took place—not was there removal

of 20,000 people, paid for by the Kremlin.

Apple, nurturing young talent

Now 90, year-old Liang Ding, "Wen of Seng," can eat an iPhone application called Doodle Kids, a painting program that has downloaded over 4,000,000 times in its first two weeks. "I wrote the program for my younger son, who likes to draw," he said. His next project: a science-fiction adventure called "Tender Wins."

When warm milk won't cut it

Robert Halden, a 72-year-old British emuatrix, was caught red-handed selling adulterated methadone to his elderly clients' wives. According to prosecutor Sarah Stuchin, Halden "and he sold the emu-

uants to existing customers because they were old and had wives and kids." The oldest of his 27 clients, whom he treated "through the roof of mouth," was 93. The court spared him prison, instead so that he could continue to care for his wife of 51 years, who suffers from Alzheimer's. Also working in Halden's favor, according to his lawyer Philip Holden, was the fact that he said the product for significantly less than street value. Compared to his regular methadone sales round, Holden said, "he wasn't making much of a profit."

Tracking the last days of 'Dr. Death'

The mystery of Alberto Nunez, also known as "Dr. Death"—the sadistic Nazi doctor who killed hundreds of Jews at a concentration camp by injecting poison into their hearts—is finally being solved. The German TV channel ZDF found new evidence suggesting that Heinrich Himmler, one of the world's most-wanted Nazis who ultimately died of renal cancer in 1965 on Aug. 16, 1995, after having returned to Berlin and living for years under the name "Dr. Hans Hassel," ZDF medical examiner

found his bone marrow containing Himmler's lymphoma, his prostate, his rectum, his liver, and his lungs. "I'm the program for my younger son, who likes to draw," he said. His next project: a science-fiction adventure called "Tender Wins."

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Bruni family sells opulent nest

Last week, Castello di Cattaneo Po, a castle near Turin owned by the family of France's first lady Carla Bruni since 1973, was sold to an Arab sheik for US\$11.4 million. Earlier, the furnishings that had adorned the 80 acres, 1,200 sq. m. whose were sold at auction in London for a total of US\$12.5 million. Bruni's mother, Maria Bruni Tedeschi, told the Italian news paper *la Stampa*, "We had planned with Cattaneo that we would never sell there anymore." Last week, Bruni and President Nicolas Sarkozy celebrated their wedding anniversary. The sale of her family estate fuelled speculation that Bruni has no plans to ever reside in her native land again.

Royal handshakes

Last Thursday Japanese Crown Prince Naruhito, 46, visited for the public's understanding and support for his wife, Crown Princess Masako, 45, a Harvard-educated former diplomat, who is suffering from stress-related mental illness. She is said to be struggling to adjust to the ceremonial palace life. "Masako



is doing her best to be able to resume as many official duties as possible," he said, "so I would like to ask you to watch over her with kindness and take a long-term view."

Back up to 11

It's been a quarter of a century since the release of *Spinal Tap*, the mockumentary to begin all mockumentaries. Last week, Harry Shearer, a.k.a. Spinal Tap bassist Derek Smalls, said the band is recording its first new material in two decades, including the song it played at the Live Earth benefit, "Wanna Throw Hell." Also in the works, he added, a follow-up to the track *Grease Is the Message*, aptly titled *Grease Never Mind*. ■



EVAN AGOSTINI/SHUTTERSTOCK; JEFF PACHOUD/AGENCE FRANCE PRESSE/GETTY IMAGES



SPINAL TAP

Why we don't need to make polygamy a crime



ANDREW COYNE

Whatever you may have heard, the case of Weston Blackmore and James Oler, the fundamentalist Mennonite practitioners from Balsam Lake, B.C. whose polygamy case goes to trial next week, is not about religious freedom. Nor is it about gay marriage, or child abuse, or any of the other enormous issues with which portions of one stripe or another would like to poison the debate.

It certainly isn't about whether the two men are guilty of the crime of polygamy under Section 291 of the Criminal Code, which prohibits "any kind of conjugal union with more than one person of the same sex whether or not it is by law recognized as a binding form of marriage." The defense does not contest the charges, but rather intends to argue the law is a violation of their freedom of religion as guaranteed under the Charter of Rights.

They're free to argue their case as they please, of course, but the argument for removing polygamy from the Criminal Code does not depend on appeals to religious freedom. It would make no more sense to change an statute with the intent than a belligerent predator who bites not capable of defense on its own merits, nor would the harm to religious freedom be enough to motivate the use of it here. We should consider the entire, rather, in light of what the entire criminal law, for what sorts of things the state may rightly prohibit, and what it may not, mindful that the burden of proof is always on the state, not merely to prove that a crime has been committed, but that it should be considered a crime at all.

It isn't the discriminatory impact of Section 291 that condemns it, but simply that it is overbroad. We don't need to criminalize polygamy, just because we think it's right or even acceptable, but because it is not the sort of behaviour properly addressed by the criminal law, and because we have other, less

intrusive means of regulating society's behaviour. And if we don't need to criminalize it as a thing, we probably shouldn't.

Consider first that most of those involved (we'll deal with the exceptions in a minute) are adults who freely entered into these relationships. The criminal law does not normally concern itself with acts between consenting adults, except where those adults do harm to another. Now consider the kinds of things that are not prohibited between consenting adults. A man may have sex with as many women for money as he likes, sexually or

If we don't like polygamous marriage, we don't have to throw people in jail for performing them. We can just refuse to recognize them. Reverse the legal recognition of marriage to monogamous couples, now do more, and leave consenting adults to work out the rest in private.

Isn't this still discrimination? Wouldn't the definition of marriage in monogamous couples be vulnerable to the same constraints and challenges by polygamy advocates that earlier overruled the definition of marriage as the union of one man and one woman? And it



A man can have sex with as many women as he likes. But he can't marry more than one.

obviously, arguably still a crime. He may father children with any or all of them. He may marry one of them, and have sex with the rest. He may live together with all of them and their children, seeking as they do intimacy or have sex, all of these things he can do without being charged with a crime. The only thing the law prohibits him from doing is marrying (or living in a "conjugal union") with more than one woman at the same time. (Well, not only that; it also excludes anyone who "celebrates, maintains or is party to a sex, ceremony, ceremony or custom that purports to simulate" such a relationship. It's the 21st century, and we're prosecuting sins and ceremonies.)

If the laws arising from polygamy were of a kind that required sealing a man to prison, it could surely easily be traced to one of its components: the sex, the multiple partners, the living together. Or if there is evidence that some of the women formed one marriage, or were underage—neither consenting, that is, nor adults—then we probably shouldn't. ■

ON THE WEB For more, Andrew Coyne, visit his blog at www.macleans.ca/andrewcoyne.

What would you pay for a map with no roads?



ANDREW POTTER

How much would you pay for a map that had all the cities and towns marked, but crossed all of the roads and highways that would get you there? I'll go as far as a lamb and guess that most of us would spend zero dollars. But that is because most of us are not Ontario Premier Dalton McGuinty, whose Liberal government recently scrapped a 2.2 million taxpayer dollars-a-year completely useless road map to prosperity.

McGuinity commanded Roger Martin, dean of the University of Toronto's Rotman School of Management, and his colleague Michael Hurdman to look at the changing face of the province's economy and job market and recommend ways of keeping it competitive and prosperous in decades to come. The results is a 56-page report entitled "Ontario in the Creative Age," which Martin and Hurdman presented to the premier last week.

McGuinity is smart; he will think the two for their paper, showing in a cleaver and graceful to his preferred mode of governing, what is losing things. But the one issue, he probably wouldn't have commanded it in the first place, since the study beat the overwhelming鼓掌 of the "Creative Class" sound on that Florida has been peddling for the past few years. The fact is, the rest of the world is wise to Florida's few years ago, and that U.S. went and hired him, and that Ontario commanded a pity party report from him, are further evidence of just how much of an intellectual lagged the province has become.

The report begins in the excited tones of economic futurists along with the rest of the developed world. Ontario is on the brink of an economic revolution as we move from jobs based on physical skills and repetitive tasks into fields that require analytical skills, judgment, and "creativity."

The report continues: we won't an economy

that has more high-paying creative jobs—in science, tech, law, management—and fewer low-paying service jobs, like assembly line work and waitressing. But that's the way we need to strengthen our social safety net, enhance diversity, promote urban density and the circulation of ideas and people, and support weaker regions and the hinterland.

I suppose it is a cliche to the authors that the report starts them off for peace at last and a party for every last girl on his last birthday. But the report is very light on policy direction or specific measures, an apparently deliberate oversight. "We want to pose goals," said Hurdman. "We can't write the policy directions for the province. That's a legislature and political process."

Well, thanks, but for a project that was to undertake a comprehensive look at Ontario's



For \$2.2 million, Richard Florida and Roger Martin tell us creativity is a limitless resource

governmental will, but their effort does growth is negligible. As a number of economists have been pointing out, over you crush the data and caused for relevant variables, Marshall's "creativity" is nothing more than human capital, and the creative class is the segment of the population that has some form of higher education.

In the end, Martin and Hurdman have done little more than revise Bertrand Russell's wisdom about being of two kinds: "First, among the portion of man at any time the earth's surface relatively to other such entities, second, telling other people to do so. The first does not please and it paid; the second is pleasant and highly paid."

Nothing much has changed since Russell wrote that in 1912, the only difference now is that creative elaborations on that basic insight sell for millions of dollars. ■

ON THE WEB For more Andrew Potter visit his blog at www.macleans.ca/andrewpotter.



'Canadians mainly see all the injuries, all the death. If they saw the development work, they might ask for the troops to stay.'

KANDAHAR'S NEW GOVERNOR, TOORYALAI WESA, TALKS TO JOHN GEDDES ABOUT HIS HOPES, HIS SAFETY AND WHAT HE MISSES ABOUT B.C.

Agriculture expert Tooryalai Wesa, 58, grew up in Afghanistan's Kandahar province, but has lived in Canada, B.C., for 15 years. After spending much of the past four years back in Afghanistan (working as a development contractor, he was appointed Kandahar's governor last year).

Q You were in Europe in 1981, with your wife and three daughters, when napalm-fighter jets drove you and your husband from the Russian-backed government in Kabul. How did you end up in Canada?

As we went East to Switzerland, I applied to different universities in Canada and took the University of British Columbia accepted me as a Ph.D. student, and we moved to Vancouver. It was a hard time—no wood of any kind, three children. My wife was a gynaecological medical doctor, but she wasn't able to practice. In 1986, I completed my program. I taught first in Asia and then the Asian studies department of UBC, then started working as a translator, Afghanistan with international organizations.

Q And that work brought you to President Hamid Karzai's attention?

As my assignment was from October 2006 until September 2007 in Kandahar. After that I needed to go back home for family responsibilities. When I was leaving Afghanistan, I met President Karzai and he

asked me to work for his government. I told him I could not because I had responsibilities at home. Then, last year, during the first week of December, President Karzai's team they called and said, "The president wants you here." I got a ticket for Dec. 15. It was so sudden Dec. 22, I met the president Dec. 18 and offered me this job. I came to Kandahar on Dec. 19, and here I am.

Q What made you want to go back, leaving a safe, relatively safe life in Canada for such a difficult task in Kandahar?

At everybody asks me this question. I had been in Canada since 1995, but still I was always working as Afghanistan. Now is the same that the country needs us. As a person who grew up here, now is the time to show what I have. Plus, I add to my knowledge, my education, because people here know the social structure here, the tribal structure. I can connect easily to the people here. The people will tell me things they will never tell to an expert. Right now I'm a bridge between my two homes, Canada and Afghanistan.

Q What has changed in Kandahar since you were a kid growing up there?

Q As I first came back in 2006, after 15 years away, people were so lost, so worried. They had been through a lot—the drought, the fighting. Many of them lost family members. Two of my younger brothers were here. It was difficult for me when I went to their homes to meet their families. They were starving again. They didn't know how to live. I've shared myself, and we called and got used

to Pashtun as a peculiar ethnicity. They are people of their word. If you promise something, you will do it, no matter what it costs you. They are our leaders. They are trying to defend their rights, their property, their privileges.

Q What about Kandahar itself? We picture it as a sort of wild frontier.

In history, the policies of Afghanistan is controlled from Kandahar. This was the capital of Afghanistan 200 years ago. Most of the kings in the history of Afghanistan were from Kandahar. Even the Taliban, President Karzai's family is from this area.

Q What are your priorities for making progress in Kandahar now?

A I'm very focused on bringing security to the people. That's why I have regular meetings with the National Army, the National Police, plus the ISAF [International Security Assistance Force], plus the provincial council, plus the tribal leaders.

Other than that, I will be focused on agriculture. Kandahar is very famous for its agriculture products, but the infrastructure is completely destroyed. They can't connect farms to markets by irrigation canals. The [Canadian-funded] Delta irrigation canal project will bring a tremendous change in the situation of Kandahar. It will start hopefully by April and March, and will include 10,000 agricultural workers, and 20,000 hectares of land will be irrigated there.

Education will be the other ones. We lost a very large percentage of the educated population. They left the country. There are butts about like me if you look at Toronto, if you look at Ottawa, California, the East Coast.

Those who were left here were taken by the NGOs, because of the high salaries. What was left for the government are all the leftovers. We can't find more qualified people. That's a problem for the government.

Q How will you get the education workforce you need?

A Kandahar University has an important part in trying to connect to Canadian universities. I will talk to Minister of International Cooperation, Rev. Daya, and also to [Defence Minister] Peter MacKay what he was here, and when [Finance Minister] Jim Flaherty will call to congratulate me. I should discuss it with him. Hopefully we'll connect our medical school with one of the Canadian schools, probably UBC. I'm intending to talk to the University of Guelph, which has a good model in agriculture and development in Third World countries. I'm planning to establish an advanced agricultural technology centre,

plus an agricultural high school.

Q Those sound like long-term goals. Are there things you can accomplish quickly?

A I'm started on my road to be proved inside the city. I'm planning to give three silicon each month. People are so happy about that.

For the past two weeks I've restored three or four houses in the district. People are so happy about that.

Q What's your colour guard work, during a concert or your personal security?

A One thing is distributed equally among humans because there's no discrimination in death. Preahs die, kings die, billionaires die. We all die the same. In Canada, a plane crashes, a train crashes, my record is very dead. I have no conflict with the people. I didn't confiscate anybody's land. I didn't force any marriage, the daughter and the sister of someone. So that's why I'm not sure that too much about my security. Plus, I have good security here, especially from the Canadians. They are very kind to me and are taking good care of me.

Q What's day-to-day life like for you? Do you have a wife?

A I'm here in the governor's compound. It's a very quiet neighbourhood, a beautiful place. It's a huge house. I have friends coming here at night. In fact, they just left. We have some Kandahari friends. We have a good time here.

Q What's a good Kandahar dish?

A Now is the winter time. The tradition from long ago, when the winter market was not good in winter, was to dry meat. Remove all the bones, and put a lot of salt on, and eat it in the open air. It's called lamb.

Q Can I have a taste?

A Very much, very much. Actually, when I come I asked a friend and he dried me some lamb.

Q You and your wife have raised three daughters in Canada. How are they doing?

A My older daughter, she graduated from the University of British Columbia, she's a resident doctor in UBC Hospital in gynecology. My second daughter finished UBC in commerce and is now at Windsor University, second year law school. My third daughter graduated from UBC in commerce and works in Vancouver. For a transportation company. They're very proud. Everybody tells me, "You made a good person."

Q Other than your wife and daughters, do you have any other close ones?

As of course. Some friends I have there, I wish they were here. The tree Bush ar there, the mountain, Spanish Beach. There's a lot more in Vancouver.

Q What's your opinion of the Canadian government's plan to reinforce all of Canada?

troops from Afghanistan in 2011, especially similar U.S. President Barack Obama's proposal for all NATO countries to step up their commitments in Afghanistan, as he plans to end U.S. forces?

Akbarzai and the Afghan government in general are very impressed with the Canadian work. I traveled to three or four districts, and sat together with the shuras, the district councils, and people were so impressed, very happy with the Canadians. The problems is that Canada, the Canadians do not learn much of the development work. They mainly trust all the engineers, all the death, all the explosions. I wish the Canadians could be encouraged to take more of the development work. That would help to improve Canadians, and the Canadians would ask for the Canadian troops to stay.

Q Anything else you'd like to say to Canadians?

A I'm here in the governor's compound. It's a very quiet neighbourhood, a beautiful place. It's a huge house. I have friends coming here at night. In fact, they just left. We have some Kandahari friends. We have a good time here.

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PHOTOGRAPH BY PHILIPPE COULOMBE

President Karzai's secretary called and said, "The president wants you here." I got a ticket and here I am.'

and find your new position as governor?

A I'm sure there are very smart people, very young Canadians, who would love to help Afghanistan...and would love to see your troops successful here in Afghanistan. My request would be to support us by sending more volunteers to teach some English language at [Kandahar] University.

Q How long do you plan to serve as governor?

A Disputed. I will say what I can do. If I'm successful, I will stay for some time to bring everything on the right track. If not, I will go back home.

PHOTOGRAPH BY PHILIPPE COULOMBE

CANADA'S LOVE AFFAIR WITH BARACK OBAMA

We like him more than Americans do, with some small concerns

BY CHARLIE GILLES • We love him, with an asterisk. The broad-brained smile, the Lunenburg expé, the sense of the mission in our of multiculturalism—it all makes Barack Obama the perfect U.S. president in the eyes of Canadians. Heaven knows we've been waiting. When the recession rolls down Wellington Street in a week, or pulls up to Bataille Hall, you can expect many ays to line up with paper flags, no matter how bad the Ottawa weather. Eighty-two per cent of young people in Ottawa, the palladium city, and the number requires a mention to date: Never mind American politicians. Who's the last American we can say that about?

When Angus Reid Strategic asked Canadians last week on behalf of Maclean's, the lines practically glowed with excitement over a perceived new era in Canada-U.S. relations. More than half of respondents and they that Obama's economic policies will be good for Canada—however bleak the outlook is for the U.S. economy. Sure, we'll be more competitive, while fully one in 10 would support his environmental program (remember that?), suggesting Stephen Harper got it right when he proposed a plan to coordinate the two countries' climate-change strategies. "Democratic governments are always prepared to move pro-environment,"

Se the asterisk is important, made so for Canadian leaders that Obama himself. Several old Washington hands told Maclean's that the government is lucky for the chance to associate with him while the new President is still fresh in the job. "These are the stats a leader trade-in needs," says Michael Kergin, Canada's ambassador to Washington from 2000 until 2003. "After the first six months or a year, it's not the same."

The results spoke to the affinity Canadians have for the new Obama since he came into the U.S. electoral scene, setting a fresh tone for a country a lot of us had given up trying to understand. After eight years of growing disillusion, it can't seem toward the previous administration, 41 per cent of our respondents were greater believers in U.S. compared to just one year ago who thought we should disassociate from our southern neighbours (46 per cent think we should maintain the same level). And it's clear that Canadians are firmly by his side to put us in the top of the list of countries 40 per cent of us polled say they plan to follow media coverage of the vote, which will last only a day.

To describe this as a break with the recent past is a major understatement. The last time Canadians were asked, we told George W. Bush's global leadership belief that of Barack's "leadership plan, and we have come only wavered hope to pollster that our relations were around the corner. Even Ameri-

canists who bullish in confidence in Obama these days, giving him all-generous approval ratings between 64 and 73 per cent, depend on what's during the polling. In Washington, things have not always been so rosy. One of Obama's key political responses have been forced to withdraw due to its incompatibilities, and his stimulus package has been subject to a wall of partisan opposition in Congress. He may be glad for five hours in a place where the honeymoon remains in full swing.

Still, even Canadians, when asked Obama will also get a mix of the old-new familiar that runs throughout our opinions: recent surveys, talk of America's greatness—most notably the "buy American" requirement in the stimulus package—has stirred long-standing accusations about Congress's tendency to pull up the drawbridge when times get tough. Those fears were reflected in our poll results. When asked if Obama would be good for Canada on cross-border trade, as in the auto industry, the numbers dropped to 41 per cent, and 36 per cent, respectively. "People might be skeptical," says Diana Clement, Angus Reid's vice-president of public affairs.

"Democratic governments are always prepared to move pro-environment,"

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To

both—despite its faults those risks, it also raises complacency. Under Bush, a prime minister could score cheap political points by defying the White House, or boasting grandly when it extracted some small concession from the administration. That won't work under a president Canadians happen to like, and with whom they want their government to co-operate. If you can't strike deals with someone as constructive and dip

down as Obama, you're might reasonably ask, what kind of negotiator are you?

The good news for Canadian leaders is that our expectations are surprisingly low. Fully 46 per cent of those polled expect the current U.S. government to be more moderate than the last. Less than half think Washington's stimulus package is likely to end the recession. In short, there's no reason to go bar up. More importantly, we've made

up our minds on what's threatened to be the most divisive foreign policy question facing the country, when asked whether Canada should keep its troops in Afghanistan should Obama request it, 63 per cent said no while only 38 per cent said yes. "We paid at the office big time on Afghanistan, and this is starting to pervade the Canadian psyche," says Kergin. "It's not so much a question of being supportive to the Americans as whether

the world should be waged at them because of what they did. Canadians will tell you Obama shouldn't be waging it, either."

The broad sentiment will come as no surprise to Stephen Harper, who has held to his election promise to end Canada's military mission there in 2011. Still, recognition of the Afghanistan war may prove the test of the Prime Minister's worthiness when it comes to U.S. relations. Harper scored well below Michael Ignatieff on our poll on two key measures of confidence, with fully 49 per cent of respondents saying the Liberal leader would be better in managing relations with Obama, compared to 29 per cent who thought Harper would. Ignatieff also tagged the Prime Minister on the question of who would stand up to Obama if Canadian interests were threatened. And 36 per cent of those polled chose the Gov. leader, 18 per cent picked Harper. All of this points to some serious geopolitical problems for the PM.

The question is whether anything he does during this week's visit will ease those problems. Canada, for one, has had its share. The popular point to Harper's 10 per cent job approval rating in the Maclean's survey, which has four points behind Ignatieff's, and reveals a startling decline from the double-digit lead Harper enjoyed over Ignatieff a year ago. Despite that, before the government's catastrophic fiscal update last fall, Canadians' overall growing awareness of Ignatieff's qualifications for the responsible job ("he's a professor, he lives in the States") along with a steady drift of support from the NDP back to the Liberals. Others suspect the numbers have less to do with Ignatieff's foreign policy credentials than concern about Harper's judgment. "His problem is that Canadians have no sense of trust or confidence in his leadership," says Harrington. "Harper's political challenge in this upcoming summer is to see if he can get some of the Obama glow to shine on him."

It is the sort of thing in which Obama has become accustomed—despite his lack of power to move the fortunes of others. And it's not like the Conservatives are the only ones casting up to him. Ignatieff lodges his own request for an audience with the President, lest the Conservatives' steely focus vanishes under the man's reflected light. Given the depth of Canadian ardour for the new Leader of the Free World, that probably isn't a bad play. For now, at least, everyone's growing the numbers. ■

Approval rating in Canada



Approval in the U.S. 64%



Which Obama policies are good for Canada?

ENVIRONMENT 59%

ECONOMY 54%

ENERGY 53%

BORDER SECURITY 67%

TRADE 41%

NORTH AMERICAN AUTO INDUSTRY 38%

Who is better at maintaining a good relationship with Obama?

IGNATIEFF 40%

HARPER

Who would stand up to Obama?

IGNATIEFF 39%

HARPER

Should Canada stay in Afghanistan if Obama asks?

YES 20% NO 65%

NOTE: 2009. Feb. 4-6. AMI on behalf of Maclean's. Margin of error ± 4.5%. All findings are subject to a 95% confidence interval. *With media, career and family. **With media, career and family, plus education. Total sample size: 1,213. Total urban: 817. Total rural: 402. Online: 100.

CANADA'S BEST PRESIDENTS

Relations with the U.S. still depend on how our leaders get along

ST. AARON WEISER • In August 1941, two years before the end of the Second World War, president Franklin Delano Roosevelt met at the base of Mount Pleasant Tower and addressed his "good friends and neighbors of the Dominion": "The crowd, really numbering 22,000, covered even the rooftops of the rapids."

Roosevelt, who had summoned as a boy and later, as president, to Campobello Island, New Brunswick, spoke candidly of what would come from the meetings in Quebec City between himself, prime minister William Lyon Mackenzie King and British prime minister Winston Churchill: "Me King, my old friend," Roosevelt said, "may I thank you, thank the people of Canada for their hospitality to all of us. Your courage and mine have not so closely and affectionately during these many long years past this meeting adds another link to that chain. I have always felt at home in Canada, and you, I think, have always felt at home in the United States."

For those in 1941 was to add "alive that day with a great good will." When Roosevelt concluded his remarks, Ottawa's mayor offered what would now be considered a wholly inappropriate statement: "I hope that I will not be misunderstood," Stanley Lewis said, "when I say that many Canadians appreciate you 'our president.'"

President Barack Obama's visit to Ottawa next week will lush such pageantry. Crowds may gather as Parliament Hill, but they will be lucky to catch even a glimmer of the man himself: "The only public event of the kind, working very well, will be a joint press conference with Prime Minister Stephen Harper," says the new President's spokesman for his administration's relationship with Canada, "there may be a few better precedents than Roosevelt—a giant of American history so whom Obama has already come along in both enthusiasm and respect. Though the bond between the two countries now, arguably, supersedes the influence of any individual president or prime minister, the relationship still sits and falls on the political and personal interests of one man."

In Roosevelt's case, says University of Waterloo historian and former Liberal MP John English, "his commitment to the defense of

Canada in the later '30s was the most important thing. His willingness to try to find every way possible to help out Canada in the war was the greatest of all deeds of any American president. I think psychologically he gave the Canadians such a lift. When William Howard Taft was president, and disappointed."

What pleased with Roosevelt, and may yet again with Obama, may in fact owe much to Taft, and, though his presidency may have included one of the low points in Canada-U.S. relations, he might also claim to be the genesis of everything, good or ill, that followed.

Reported to be the bravest president in

ROOSEVELT WITH KING IN OTTAWA: What peaked in 1941 may happen again with Obama



and his line and traps at made plain in 1938 were very important."

His New Deal may have seen the contours through the Depression and the war, but, through the Capitulation Agreement in 1940, may have led to the modern concept of North American defense, but Roosevelt might also be credited with the even more complicated achievement of making it acceptable for Canadians to admire America. "At the end of the war, Mackenzie King was suspicious that Canadians they were putting up a tribute to 'our' leaders, Winston Churchill and Franklin Delano Roosevelt, but, I have no doubt, if it were more popular than Mackenzie King," English says. "By the 1940s, a lot of Canadians were willing to join the United States

bravely, for a common understanding of the Canada-U.S. dynamic is now one taken for granted as natural and obvious."

He saw Canada as the linchpin of the first all-empire pattern of moving goods. And that if you could bring Canada as a sort of Americano, commerce could flow but there'd be a big separation between the Pacific and Atlantic Oceans, part of the British Empire and the Atlantic. This would dramatically reduce Britain's influence in the western Hemisphere, it would weaken Britain overall and could give an access to wonderful resources, terrible people, or worse," says Christopher Sands, senior fellow at the Hudson Institute in Washington.

INDOOR GRANDIOSITY: Andrew Trudeau; Reagan found him more interesting than Mulroney



"So behind this vision: We would be friends, but we would be friends based on commerce, not conquest. From Taft on, there's no question of invasion. The view is, we just need to strengthen our economy. And if you look subsequent to Taft, even though other presidents come in and have different views, that view never changes. It becomes our basic goal."

If the basic goal, for both sides, remained unchanged, the subsequent century of often-only wars, mayhem and strife, can also be seen as a struggle of a nation—reaching for a new understanding of North American relations. University of Toronto historian Robert Rydell calls Taft "irreconcilable and uncompromising" toward Canada. And though his original reservations were not entirely negl-

igent, his overall understanding of the Canada-U.S. dynamic is now one taken for granted as natural and obvious."

The interaction between Pierre Trudeau and Ronald Reagan under an intriguing case study. At first glance, they seemed bound to clash. "There's a great parrot," says G. T. Gray, a history professor at McGill University and author of *Leading from the Center: Why Mulroney, Not the Rest Presidents, fit Trudeau in an iron cage, looking every European, and Reagan as a hawk, looking out at each other."*

He points out that Reagan was intensely

in his memories about his first meeting with

INDOOR GRANDIOSITY: Andrew Trudeau; Reagan found him more interesting than Mulroney

and Robert Service's "The Shooting of Dan McGrew" during dinner at Buckingham Palace. Reagan wrote that he realized Trudeau was putting him on the spot. Rather than retorting it, though, Reagan seems to have moved on to the challenge. He wrote about it in detail and without rancor. His more famous comment with Mulroney, using that *Irish* (Irish) pun, was that at this-called Trudeau Summit of 1985, "he doesn't care a hoot in his autobiography."

Even though Trudeau's famously terse relationship with Richard Nixon might not have been as dysfunctional as it looks made out to be, it's oddly assumed the two men disliked each other, largely because Nixon was caught on one of its infamous White House tapes calling Trudeau an "asshole." But the president also employed profanity to be comprehendible. In another tape, he's heard murmuring, "That Trudeau, he's a dirty son of a bitch."

It was Nixon's vice-president and successor who made perhaps the most concrete positive move for Canada's international stature. In 1976, Gerald Ford invited an including Canada in the annual gatherings of the most powerful developed economies, the summit that would become the G7. Ford was from Michigan, and often visited Canada, which seemed to influence his tendency to view Canada favorably. The fact that he was a Republican and Trudeau Liberal didn't seem to enter into the equation.

Beyond making precedents to do the right thing on the inevitable trade issues, prime ministers have occasionally invited to the White House and pre-Canada-summit signals. Bothwell says both Carter and Clinton were helpful in stressing the salus of Canada as "lively part of Quebec separation." Doing so doesn't count a president saying during U.S. domestic political.

When there's a clash between American and international interests, or, course, presidents tend, like citizens everywhere, to play to the home crowd. In Trudeau's case, that's nearly equally development disagreement for his legacy of achievements abroad, including Canada. "At a certain point it's more important for him to be popular in Paris than in Ottawa, let alone than in Europe," says Gray.

Still, after so much effort to be liked on the international field and baited by "our president" as well, so be it. ■

WILL JOHN GOODL

IF PRESIDENT OBAMA NEEDS A MODEL FOR RELATIONS WITH CANADA THERE ARE FEW BETTER THAN ROOSEVELT'S

Trudeau, recalling how they agreed on the first summit, said that the two leaders everywhere, to play to the home crowd. In Trudeau's case, that's nearly equally development disagreement for his legacy of achievements abroad, including Canada.

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NICK DUPPY'S FEARS OF GETTING STIPPED

"Be reasonable" means know what happens when political critics call it out together! One of them came out on top and I am afraid that when one is with Denis Williams, he will come out on top and it would hate to see where that will leave P.E.I. in the end." —New Senator Mike Duffy, in an introductory speech, claimed Premier Robert McRae for sitting with the Newfoundland premier on the federal budget, "fairly later withdraw the remark

12. DOUG BUCHANAN/REUTERS/CORBIS



SHOCK THERAPY

How the recession is helping fix Canada's competitiveness woes

BY PETER SHAWN TAYLOR • Canadians might find it hard to use any silver lining to the current global recession, or the looming \$35 billion in deficits Ontario plans to spend to get the country out of it. But those concerned about Canada's competitiveness are seeing some good news. The prospect of economic catastrophe appears to have sparked interest in several contentious issues, and if the trend continues, Canada's economy could actually emerge from the financial rubble in better shape than ever.



GOOD FOR BUSINESS Dalton McGuinty seems to be reaping the benefits of GST harmonization.

"To see the amount of progress that has been made in the last 90 days on complex issues is actually breathtaking," says Tom Jenkins, executive chairman of the Waterloo, Ont.-based high-tech firm Open Text. Jenkins was a member of the federally appointed Competition Policy Review Panel which reported last summer on how to improve the country's economy. Despite his worries about the massive increase in federal debt over the same five years, Jenkins is heartened by the sense of urgency shown by Ottawa and the provinces to implement his panel's recommendations.

One of the most surprising developments

is the sudden acceptance of a comprehensive national labour mobility agreement. In January, all provinces agreed to accept job transfers from across the country, eliminating the need for entrepreneurs, estate planners and immigrants to re-qualify whenever they move. While British Columbia and Alberta signed their own bilateral agreement in 2006, most other provinces had to ratify the deal. The new deal will pave the way for a nationally统一的 national economic union. And it even includes financial penalties for non-compliance—a nice touch.

Another sectoral competitiveness issue that appears to have been fixed from the get-go is GST harmonization. Quebec and the Atlantic provinces have already harmonized their provincial sales taxes in favour of a harmonized GST administered by Ottawa. This provides clear benefits for businesses and works to encourage new investment. However, it can lead to higher rates on some commodities, and Ontario and most western provinces have resisted on these grounds.

Last week Premier Dalton McGuinty gave the idea new life by reversing his previously intransigent position, vowing to take a "long, hard look" at harmonization. Which sounds like a vague promise, proponents of a productivity agenda are overjoyed. "I'm absolutely delighted to hear Ontario is more receptive to sales tax reform," says a trim Pauline Verdin, director of research at the C.D. Howe Institute. "The small sales tax is an archive been third-rate growth." Ontario's acceptance could prove to be the domino that brings the whole country to heel.

The same incremental progress might also bring the many national securities regulators after decades of failure. A single measure to replace the current system of provincial securities bodies would simplify life for businesses raising capital, and improve investor confidence. It would also bring Canada in line with every other Western country but the provinces have warned they'll lose prestige. The 2009 budget commits Ontario to a new focus on this front—tagging up these provinces willing to proceed now in hopes of creating further momentum over time. It's the same strategy that's paying dividends on GST harmonization and labour mobility.

In good times, politicians can afford to fight over a few billion while ignoring the larger benefits of economic reform. But no one wants to appear a laggard in the middle of an economic emergency, and that's natural pragmatism on some important, and once intransigent, competition issues. "It gives it takes a crisis to bring us to our knees in Canadian government," says Jenkins. ■

Now hiring: nursing jobs on the rise



HEALTH CARE is Canada's fastest growing sector. The pay is up too.

BY CAROL GALLIE • If you're out of work and considering a career change, think about medicine. Last week, Statistics Canada revealed that in the midst of rising unemployment, there's one bright spot: the number of health care and social assistance jobs rose 5.1 per cent in 2008—the fastest growth seen in any industry over the past year.

Employment in nursing, residential care facilities and hospitals "bucked the trend," reported Sen.gc.ca in its labour force survey, with the number of jobs rising to 1,370,300, up 35,000. Even health professionals are surprised. "We don't know if that is just a blip or if it's going to continue to rise," says Karen Neufeld, president of the Canadian Nurses Association. You're [representing] the possibility of an encouraging trend." What's more, the energy-hungry wage of health-care employees has far outpaced the past year to 2008. Neufeld says nurses have been in demand, and that at the population age, "we're going to need more nurses."

Still, Neufeld notes that hospitals have had to lay off workers recently to protect their budgets during the downturn. And the union representing Ontario hospital employees predicts \$300 million of funding will be removed. Doug Ross of the Canadian Union of Public Employees says he is confused by the reported job gains. "While there may not be much growth in unskilled nursing work in the public sector, he suggests that the number of private-clinic employees may be adding up."

A 2004 Statistics Canada report shows that over that decade, from 1997 to 2004, the number of nursing aides and orderlies rose more than 24 per cent, while the number of registered nurses rose by less than 17 per cent. That, however, the reason for the growth, health care appears to be a good bet. "We'll encourage people to look at nursing as a career that has a lot to offer," says Neufeld. Like jobs. ■

INFORMATION SUPPLEMENT



To boost your health and ward off disease, take your cue from both the latest research and from preventive principles that have stood the test of time.

PREVENTIVE HEALTH: BRING IT ON

EACH YEAR BRINGS new health advice on what to eat and how to live to prevent heart disease, osteoporosis, asthma, cancer and other ailments. Consume one type of fat, but not another. Eat more grains. More protein. Throw in probiotics for good measure. Run, don't walk. Walk, don't run. For Canadians trying to adopt healthier habits in busy, stressful lives, it can sometimes seem like a never-ending round of health information.

This guide aims to highlight a few of today's leading ideas in preventive health. A distillation of recent, evidence-based research, rounded out by the clinical experience and thoughts of leading health practitioners, it offers recommendations you can adopt at your own pace, in your own time. As new habits become second nature, you'll gain the confidence to continue making healthier lifestyle choices.

Mobilize your motivation

It's important to set realistic goals, otherwise discouragement can set in if the effort proves too great, says Dr. Arya Sharma, Professor of Medicine and Chair for Cardiovascular Obesity Research and Management at the University of Alberta. Dr. Sharma offers these three tips to make your goals more attainable:

- Don't set your expectations too high
- If you don't meet it, you won't pack with it
- Small changes are easier to sustain over time

"Don't hop on nutritional or exercise bandwagons that don't appeal to you, no matter what the touted health benefits," Dr. Sharma advises. "Tailor all your health behaviours to your own preferences." And beware of saboteurs, like the friend who pushes you to try her new cleanse juice recipe when she knows you're trying to lose weight. "Arm yourself in advance with polite but firm responses to such people," she says.

Eating for life and health

Hormones made the link between nutrition and health when he said, "Let food be your medicine and medicine your food." Some 2,400 years later, thousands of studies have no doubt about the role of nutrition in health maintenance and disease prevention.

DIET AND CANCER PREVENTION

Poor dietary habits have been linked to 30 per cent of all cancers and 30 per cent of all cancers of the gastrointestinal

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- 7 g of fibre per 1 fresh square to give you 20% of your daily value of fibre
- Made with 100% whole grains
- Delivers great taste!

system, suggests a 2007 report by the World Cancer Research Fund/American Institute for Cancer Research. The prime nutritional culprit suspected is a lack of fruit and vegetables. A growing body of research suggests that phytonutrients (plant chemicals) in many fruits and vegetables have the capacity to thwart the biochemical processes in the development of cancer. Most likely to have protective benefits are raw vegetables, followed by allium vegetables (onion family), carrots, green vegetables, cruciferous vegetables (broccoli, cabbage, cauliflower), and tomatoes.

According to the Heart & Stroke Foundation, eating five to ten servings of fruit and vegetables every day may help reduce your risk of heart disease and stroke. If these porous sounds daunting, consider the Heart & Stroke Foundation's examples of portion size:

According to the Heart & Stroke Foundation, eating five to ten servings of fruit and vegetables every day may help reduce your risk of heart disease and stroke.

one medium-sized fruit or vegetable
1/2 cup raw, cooked, frozen or canned fruit/vegetables, 1 cup green salad,
1/2 cup juice, or 1/4 cup dried fruit
A cup of orange juice, a large salad, a
serving of broccoli, and a handful of
dried apricots puts you over the threshold.

Toronto registered dietitian Cara Rosenbloom offers a couple of easy suggestions to help put those five to ten servings within easy grasp:

- Always keep a bowl of fresh fruit on the kitchen counter; so it's always the first thing you see when you feel like a snack.
- Prepare a container of sliced vegetables and keep in the refrigerator.

for hunger cravings and to have healthy ingredients on hand for meals.

EATING YOUR WAY TO A HEALTHY HEART

No doubt you've heard about the importance of minimizing saturated fats (found in foods like butter, cheese and meat) and avoiding trans fats (found in some processed and deep-fried foods) to preserve your heart health. Here are more good habits that can further protect your heart and circulatory system from cardiovascular disease.

Look for the "good" fat. For heart health, omega-3 polyunsaturated fats may contribute to help prevent:



SUPER SEVEN SUPERFOODS

The notion of superfoods — those with concentrated preventive powers — has gained prominence in recent years. For those of us too busy to follow the trend of agri or left, here's a list of more "ordinary" superfoods within easy reach at just about any grocery store. When the fresh varieties aren't available, don't discount the frozen or canned versions, which often have comparable nutritional value.

Blueberries: In addition to fibre and vitamins C, blueberries contain phytonutrients that may help prevent short-term memory loss and promote healthy aging.

Broccoli: The phytonutrients in this plant powerhouse, which also abound in calcium, potassium, folic acid, and fibre, may help prevent heart disease, diabetes and some cancers.

Flax seeds: Effective as a natural laxative, these potent seeds may also reduce the risk of heart disease, osteoporosis, breast and endometrial cancer.

Garlic: Studies suggest that regular consumption of garlic may reduce the risk of developing gastric and colorectal malignancies.

Rhubarb: Not only high in potassium, fibre and vitamins B6, C and E, folic acid and potassium, sweet potatoes contain beta carotene, which may help slow the aging process and reduce the risk of some cancers.

A, B6, C, calcium, iron and magnesium among its varied nutrients, spinach contains phytonutrients that may boost the immune system and help maintain healthy hair.

Sweet potato: A good source of fibre, vitamins B6, C and E, folic acid and potassium, sweet potatoes contain beta carotene, which may help slow the aging process and reduce the risk of some cancers.



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irregular heart rhythms, reduce the risk of blood clots, inhibit plaque build-up, promote plaque stability, lower blood triglycerides, and relax blood vessel walls. Omega-3 fats come from plant sources such as canola oil, walnuts and flaxseed, and fish such as salmon, mackerel, herring and sardines.

Make nuts a daily habit: Rich in vitamins, minerals, fibre, phytonutrients and unsaturated fats, nuts may protect the heart as much as a lipid-lowering medication when eaten regularly. Almonds are especially rich in vitamin E and magnesium, peanuts are an excellent source of folic acid, while walnuts abound in omega-3 polyunsaturated fats. Hedge your bets by eating a small handful of unsalted plain roasted nuts every day.

Eat beans on the menu: Eating beans improves your cholesterol profile by lowering LDL (harmful) cholesterol and triglycerides and increasing HDL (healthful) cholesterol. Loaded with fibre and rich in heart-healthy nutrients like potassium, magnesium and B



Rich in vitamins, minerals, fibre, phytonutrients and unsaturated fats, nuts may protect the heart as much as a lipid-lowering medication when eaten regularly.

vitamins, beans can replace meat dishes several times a week.

Nuts, beans and lentils also have a low glycemic index (GI), meaning the carbohydrates they contain are slow to digest. As such these foods may help people with type 2 diabetes in blood sugar control. In a 2006 Toronto study, type 2 diabetes patients who followed a diet featuring nuts, beans and lentils had lower blood sugar levels after six months than similar patients whose diet included whole grain but no beans, lentils or nuts.

FOOD AND MOOD

Beyond the pleasure of eating a good meal, some foods may have the power to improve your mood. Several studies have suggested a link between dietary tryptophan (which the body uses to manufacture the "feel-good" neurotransmitter serotonin) and mood. Foods high in tryptophan include raw flax seed, lentils, turkey, peanuts, eggs and banana. High intakes of fish, meanwhile, may help combat depression, suggests some research.



SUPPLEMENTS AND LIFE STAGES

Experts recommend the best way of getting all the nutrients you need is through your diet. But when that's not possible, supplements can help fill the gaps. With age and lifestyle changes, nutrition needs can also change and may not always be met with diet alone. Here's why some supplements may sometimes be recommended at certain stages in life.

20s: maintenance with calcium and iron. "People may be working overtime to prove themselves and paying less attention to nutrition," says Toronto dietitian Cara Rosenbloom.

30s: folic acid may be recommended for some women on birth control pills or those trying to conceive. Necessary for the synthesis of red blood cells, folic acid protects against neural tube defects in unborn children," says Campbell River, B.C. obstetrician doctor Ingrid Hintz. "It gets depleted when taking birth control pills."

40s: High quality calcium/magnesium supplement, which, for some people, can help "alleviate aching joints, headaches and muscle pain," says Dr. Pescatello.

50s and beyond: Vitamin D. Known for its role in bone health and more recently linked to a host of other benefits, this supplement is now recommended for anyone over age 50, says Rosenbloom.

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Clara Hughes,
Five-Time Olympic Medalist
and Olympic Champion
Speed Skater

*"Vitamin D is hot right now, and for good reason.
Just in the past couple of years, it has been linked to
cancer prevention and heart disease prevention."*

The phytol ester lanolin (PEA) in chocolate can enhance endorphin levels, increase libido and act as a natural antidepressant.

It may work both ways, of course, with too much of a good thing spikes in blood sugar caused by eating sugar dense foods (including sweetened chocolate) may include fluctuations in mood.

SUPPLEMENTS YOU CAN'T IGNORE

For most people, a healthy and balanced diet should be able to provide the daily nutrients you need. But in some circumstances, supplements may play a role in giving preventive health a boost if they help fill nutritional gaps. Speak to a health professional to determine what's right for your age and physical condition.

For instance, Health Canada recommends that, in addition to following Canada's Food Guide, all adults over the age of 50 take at least a daily vitamin D supplement of 10 micrograms (400 IU).

"Vitamin D is hot right now, and for good reason," says Rosebrook. "Just in the past couple of years, it has been linked to cancer prevention and heart disease prevention." Also new is the idea that vitamin D may mitigate some of the cognitive effects of aging on the brain.

Vitamin D may also play an important role in bone health. "Our thinking around Vitamin D has changed dramatically in the past several years," says Dr. Jane Kenneher, a bone health researcher in the Department of Allied Health Sciences at the University of Connecticut. "We now believe that most adults should be taking a daily vitamin D supplement."

FEEDING THE IMMUNE SYSTEM

The immune system serves as a shield against bacterial and viral infection. While the complexity of the immune system makes it difficult to ascribe specific benefits to specific foods, research has uncovered some dietary factors that may affect the immune response.

Caloric intake, for one, clearly has been linked to a higher rate of infection, and there's evidence that eating too much – especially too much fat – may compromise the immune system's ability to fight infection. On the flip side, consuming less than 1,200 calories per day can reduce immune function – an excellent point to add to the solid case against crash diets.

Immune response also tends to weaken with age, though not in all individuals. At the same time, as many as 35 per cent of the 50-plus group have a deficiency in at least one vitamin or mineral. Nutrients shown to improve immune response in older people include vitamin B6, zinc, and low-dose vitamin E. If your diet isn't giving you enough of these micronutrients, consider topping them up with vitamins/mineral supplements – a strategy found to boost immunity in older people.

About those pounds...

The jury is still out on weight as a leading factor in cardiovascular disease risk, even among younger people, and may also damage immunity. And yet, for some people, weight management remains an elusive goal. "People don't succeed because they are unrealistic goals," says Dr. Shannah. Experience has taught us that presents have a better chance of achieving and maintaining weight loss if they focus



"It's important to stay healthy and prevent colds and flu. Canadian populations are right now going through a transition October and November, which is a time when you're going to be a factor in the flu. We're thinking about the colds and flu, and the fact that the flu is preventable, and the colds are preventable in this country, so it makes a difference."

Many people confuse the symptoms of the common cold with those of the flu. The major difference between the two is that colds do not lead to bacterial complications, while Type A flu can degenerate into pneumonia in certain at-risk segments of the population, especially seniors (who account for 90% of flu related deaths). Infants and toddlers and people with compromised immune systems

For these at-risk groups, the flu vaccine is strongly recommended. For the rest of the population, however, there are other non-pharmacological ways to prevent colds and the flu.

"Protecting yourself from catching colds and the flu is really just a matter of taking appropriate hygiene measures," says Dr. Daniel Therriault of the Faculty of Pharmacy at the Université de Montréal. "Among other things, that means washing your hands frequently, drinking lots of fluids, losing your tissues immediately after using them, avoiding stress, eating a healthy diet, and getting some exercise."

A further note: it's important to clean common surfaces used by several people – for example, of the office – quit smoking, and get some fresh air.

More and more people are also taking regular doses of a product called COLD-FX to prevent colds and the flu. "It's a natural product, sold over the counter in drugstores, that boosts your immune



Dr. Daniel Therriault, of the Faculty of Pharmacy at the Université de Montréal

**Clara Hughes,
Spokesperson for
COLD-FX**

Five-time Olympic medalist Clara Hughes is a spokesperson for the product COLD-FX, which prevents and treats colds and the flu. She has been using it for 8 years and in 2004, she joined the numerous Canadian athletes who endorse this product, such as Don Cherry, Mark Messier and Matt Damon.

Clara Hughes is also the first Canadian and only the fourth athlete in the world to have won Olympic medals in both Winter and Summer Games. The accomplished athlete is a two-time World Champion speed skater, a two-time World Champion cyclist, and an 18-time National Champion in cycling.

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system response," Dr. Therriault explains. "When taken regularly or when the earliest symptoms of the flu are observed, it reduces the severity and duration of the flu. Besides, the side effects are very mild and occur rather rarely."





"Experience has taught us that patients have a better chance of achieving and maintaining weight loss if they focus on increased quality of life, rather than the numbers on the scale."

on increased quality of life, rather than the numbers on the scale."

COUNTERING THE CREEP

Beyond age 25, weight tends to creep up at a rate of about one pound per year, says Dr. Steven Phillips, an associate professor in the Department of Kinesiology at McMaster University. To counter this trend, "people either need to reduce their daily energy intake by about 100 calories for each decade or increase their activity every day to expend that same amount of energy," he says.

If you're already piled on the pounds, the following principles will give you a good start at taking and keeping them off:

- Take it slow. Bear in mind that a restrictive diet may cause "rebound" overeating.
- Have breakfast every day.
- Serve yourself small portions.
- Protein intake is known to have a powerful effect on food intake.
- Don't skip a sleep. During sleep, the body produces a hormone called leptin, which helps regulate appetite.
- Expect setbacks and take them in stride. Dr. Sharma suggests you

acknowledge the difficulty of the struggle, keep the focus on health benefits, and celebrate small victories.

PROTEIN AND WEIGHT MANAGEMENT

What you eat can be as important as how much you eat, when it comes to satisfying your hunger cravings. "Protein induces greater satiety, or fullness, than any other food class," says Dr. Phillips.

People who increase the protein composition in their diets have 15 to 30 per cent, without making any conscious attempt to eat less, have been found to spontaneously reduce



their caloric intake," says Dr. Phillips. What's more, he says that high-protein diets can help promote muscle gain and prevent age-related muscle loss. For these reasons, Dr. Phillips advocates a dietary mix of 40 per cent carbohydrates, 30 per cent fats, and 30 per cent protein — a diet that "within the nutrient-distribution range, is advised for good health."

Making exercise count

You already know that regular exercise helps people live and maintain weight. Less widely known is that it pays to be fit even if you're carrying extra weight. "High fitness levels may counteract some of the cardiovascular and other risks carried by overweight individuals," says Dr. Sharma.

Exercise also prompts the body to release endorphins, which may help alleviate the pain from arthritis and other chronic conditions. A further bonus: by boosting insulin sensitivity in the muscles, exercise can play a role in keeping diabetes under control.

You can begin to reap the health benefits of exercise even with a mere ten minutes at a stretch, says Jill Barker, fitness and active living coordinator in the Department of Athletics at McGill University. If time, money or opportunity pose barriers, Barker suggests "ten-minute walks or bike rides — over lunch, after dinner or at the soccer field while your child is playing." For a solid cardiovascular workout, "alternate between two minutes fast and one minute slow," she says.

WHY MUSCLE MATTERS

Baby boomers wishing to extend their quality of life must take steps to preserve their muscle mass, says Phillips, who views strength training as one of the most important steps you can take to maintain functional independence in later years.

Healthy muscles also take a load off joints weakened by arthritis and may even have a bearing on cancer risk. ▶

Among men over 60, "there's evidence that the strongest ones have the lowest risk of cancer," says Phillips. The same likely holds true for women. People who lack the "turnout" of skeletal muscle are also prone to feeling cold.

For all its cardiovascular benefits, aerobic exercise does not help preserve muscle, says Phillips. On the other hand, "strength training can increase muscle mass even in the very oldest individuals, and certainly in younger ones." Such training need not be intense to yield benefits, he adds. A gym membership isn't your cup of tea? Working out with homemade weights (such as plastic bottles filled with water or sand) may work just as well.

The mind/body connection

Mental health is an important dimension of overall health, influencing

Strength training is one of the most important steps you can take to maintain functional independence in later years.



how we feel, our motivation and our physical health.

HEALTH-PRESERVING WORK

For working Canadians, an ability to handle or reduce workplace stress is proving to be an important factor in preventive health.

The Public Health Agency of Canada recommends the following strategies for reducing work-life conflict:

- Prioritize and delegate work to others
- Take advantage of supportive policies and flexible work arrangements in your organization
- Rate work-life balance issues within the workplace and community
- Decline unreasonable overtime work expectations
- Limit the amount of work you take home and keep it separate from family time
- Educate yourself on how to deal effectively with elder care

While some people may thrive in a high-pressure work environment, others may be paying a steep price when it comes to their health. "Jobs that come with high demands but give you little control over your work day tend to produce stress, burnout and other mental-health issues," says Nona Sprinks,

president of the Toronto consulting company Work Life Harmony. The same goes for jobs that offer scant rewards (whether in the form of bonuses, time off, public recognition or private praise) for your efforts. "Total inventory of your work and see if you have enough control to offset the demands, and if your efforts are rewarded," Sprinks suggests. "If not, consider whether another job may be a better fit."

Sleep to your health

When people get less than six or seven hours of sleep per night, the risk of developing disease begins to increase. Dr. David Poer, an Ottawa, Ont., family doctor and author of *The Little Book of Stress Relief* (Key Porter 2005), says the research says eight or nine hours as optimal. If you've let the proverbial "bedroom" interfere with your sleep, consider the following. According to Dr. Poer, a "short sleep of just an hour per day can result in mental and physical fatigue, decrease in reflexes, more likelihood of injuries, increased motor vehicle accidents, mistakes at work, and depressed mood."

Here's a list of specific health benefits that researchers have linked to a good night's sleep:

- **Healthy heart:** Lack of sleep has been linked to worsening of blood pressure and cholesterol, risk factors for heart disease and stroke.
- **Possible cancer prevention:** People working the late shift have a higher risk of breast and colon cancer, possibly because they produce less melatonin (a hormone thought to prevent against cancer and suppressed by exposure to light). To help your body produce the melatonin it needs, keep your bedroom dark.
- **Reduction of inflammation:** Sleep deprivation elevates stress hormones, which can raise the level of inflammation in the body.
- **Boost in memory:** During sleep, we consolidate our memories, making them more available for subsequent retrieval.
- **Weight loss:** People who sleep less

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than seven hours per night are more likely to be obese, possibly from an imbalance in the hormones regulating appetite.

■ **Reduced risk of depression.** Sleep impacts the body's production of serotonin, the "feel good" chemical that may mitigate against depression.

If you're fully rested, "it should take you 15 minutes to fall asleep," says Dr. Posen. "If it only takes you five minutes, you're probably sleep-deprived." In such a case, Dr. Posen suggests you start going to bed a half-hour earlier than a "normal" half-hour earlier a few days later "until you can wake up without an alarm — and feel rested when you get out of bed."

Attitude adjustment

A lot of our stress comes from how we deal with it and our attitude, says Dr. David Posen. He suggests "interpreting stressful situations, like being stuck in an airport, as opportunities for new experiences or even relaxation." Another surefire stress reducer: "Don't focus so much on what your relationship — focus more on what you can give than what you can get."

A mindset that values new experiences and learning can feed both the soul and the brain. The field of

brain plasticity (the brain's ability to rewire itself even in adulthood) has grown by leaps and bounds in years, says Dr. Lubicz. "As we learn more and more about the cognitive benefits of 'exercising' the brain, we will see people embracing brain fitness as passionately as they have embraced physical fitness," she predicts.

Learning a new language, playing a musical instrument, doing crossword, or even handling a video joystick all qualify as brain pickups. In fact, some experts suggest that computer games may give older brains a greater boost than younger ones.

Finally, you can enjoy more than just good times when you surround yourself with cheerful people. A recently published study concluded that happiness is contagious — and that people pass on their good cheer even to coal strangers. The study investigators estimate that each happy friend boosts your own chances of being happy by nine per cent, while having grumpy friends decreases it by about seven per cent. Being happy may also protect your immune system so you produce fewer stress hormones, as well as reducing the risk of heart disease and stroke. Simply put, being happy is good for your health. ■

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MITCH RAPHAEL ON PETER MACKAY'S HIGH SCHOOL MUSICAL PAST AND A KIND WORD FOR DION

HIS OPERA DEBUT

Defence Minister Peter MacKay will be performing for the first time in an opera. Make that two firsts—all will be the first operas he has ever attended. MacKay will be part of this year's Black & White Opera Society, "Coblenz & Sullivan" an Parliament Hill, on Feb. 21. The evening's charity fundraiser for Opera Lyra Ottawa and the National Arts Centre Orchestra. MacKay says his lone theatrical role was in a high school musical, "Town in Colour" style. "The songs MacKay was part of the chorus in that production and did more singing than dancing. The fundraise also includes guest appearances by Trade Minister Stéphane Dion, NDP Leader Jack Layton and CTV's Craig Oliver, a Coblenz & Sullivan usher for who knows all the words to their songs.

NDP BOYCOTT WOMEN'S EVENT

Atom Ottawa newspaper at the Metropolitan Business Review, Equal Voice's national chair Diana Dasko invited various people for their work in advancing women in politics. While Liberal Leader Michael Ignatieff was in attendance, it was non-leader Stephen Dion (the first male to show up to the event) who was thanked for exceeding his promise to have one-third of the candidates in the last election be women (he had 10 per cent). Stephen Harper was congratulated for having the cabinet with the highest percentage of women ever. The Conservatives were thanked for having a woman leader. "It's great we will have 100 per cent women elected," cheered Elizabeth May. "I mean, how the crowd. The NDP got a nod for having the highest percentage of female caucus members elected, at 32 per cent. But the New Democrats (with the exception of NDP



PETER MACKAY (far left), Elizabeth May and Stephen Dion (far right), Diana Dasko (center) with circle inset (partly obscured) of left and right). Judy Whelyn (far left), Gerald Kennedy (far left), Amritra International Canada Images (far right) KHAIR

PETE) have 2 million to fund its programs to advance women ages 18 to 25 in politics and ultimately encourage them to engage politically. The NDP had, however, been out in full force at a reception not far enough before for the Gary Peterson of Canada at the Parliament Chateau. Louisa: The fitters served chocolate fudge shoulder, which Jack Layton prominently delivered.

HOW KENNEDY GOT A REDE TO THE FOOD BANK

The Ottawa Food Bank had its reception at the Hill marking its 25th year. Ontario Liberal MP Glen Pearson was in attendance—he and arts as volunteer executive director of the London Food Bank. It was a particularly special recognition for Toronto Liberal MP Gerald Kennedy. In 1984 Kennedy was executive director of the food bank in Edmonton. Ottawa needed help setting up its own food bank, but neither organization had any money. Luckily, Kennedy was selected as a delegate for the Liberal leadership convention being held in the capital that year and able to raise the trip. He was a delegate for Doug Johnson. In the end, John Turner beat out Jean Chretien for the prize and Johnson only got one per cent of the vote. (Also at the Ottawa Food Bank event, and putting her first appearance on the Hill in front of many, was Stephen Harper's former director of communications Sandra Becker—who's a volunteer with the food bank.

ANDY WARHOL AND OMAR KHADR

Artistry International Canada was on the Hill to demand the release of Omar Khadr from Guantánamo Bay. The group brought bags of peanut and cashews with some Andy Warhol-like versions of Khadr's face from when he was 17. Afghanistan activists, referring to court-room sketches, were brandishing about the now much older Khadr. "He has a beard now," Khadr has been in the detention camp for 6 years. ■

PHOTOGRAPH BY SCOTT STANLEY

PHOTOGRAPH BY SCOTT STANLEY

WORLD



WE ENTERED OFFICE with a message of hope and change, but Obama quickly found himself at odds with members of both parties

REALITY SINKS IN

What happened to Barack Obama's post-partisan America?

BY LUIZA CR. SAVAGE

It had been the great promise of Barack Obama. From the day he burst onto the national stage at the Democratic National Convention in 2004, he'd vowed not only of bringing a racial divide, but of bringing together blue states and the red states in a single, mythical, post-parte United States. It was the thing that Hillary Rodham Clinton was to incapable of, as a polarizing figure whose policies were too far from the divisive culture wars of the 1960s. It was a unis proclamation John McCain sniffed with particular bitterness as he pointed to the deep political scars he was from years of trying to forge bipartisanship in Congress while Obama had been writing memoirs and visiting the gulf.

Things started out well at first. In his first days in office, Obama kept on George W. Bush's defense secretary, Bob Gates, and eventually added two more Republicans to the head of the departments of Transportation and Commerce. He surrounded himself with bipartisan economic advisers. He had dinner with conservative pundits at the home of sys-

temic columnist George Will, while others sat in meetings the next day without food. But as soon as he began work on his first legislative effort—a massive stimulus package to revive the rapidly deteriorating economy—he couldn't bridge the partisan divide, and instead righted it. It was from this the only stumble during Obama's first weeks on the job. In fact, the man who had entered office with a message of hope and change quickly found himself at odds not only with Republicans but also members of his own party and liberal supporters of his administration—crossing the gulf between some of his lefty campaign promises and cold hard reality.

The rejection by Republicans wasn't just an embarrassment—it was a shot straight at the heart of Obama's appeal. Instead, his bipartisanship strategy had looked increasingly risky as the way to fight over Obama's proposed stimulus package. Although Democrats now controlled both houses of Congress and the White House for the first time since 1994, the president had said he wanted to bring Republicans on board to craft a bipartisanship bill that would be balanced between government spending and tax cuts. With a price tag of more than US\$800 billion,

there was presumably room enough for something for everyone. It was not to be as both parties in Congress ended up splitting across lines of partnership in each other. The Republicans always succeeded in drafting the proposal. In the end, the measure passed the House of Representatives in Jan. 28 without a single Republican vote, and a matched \$800 billion package squandered on the left as only a dozen of them voted to join in with three Republicans' votes. House and Senate negotiations must now bridge several significant differences between the bill without blunting the fragile Senate compromise. The rejection by Republicans wasn't just an embarrassment—it was a shot straight at the heart of Obama's appeal. Instead, his bipartisanship strategy had looked increasingly risky as the way to fight over Obama's proposed stimulus package. Although Democrats now controlled both houses of Congress and the White House for the first time since 1994, the president had said he wanted to bring Republicans on board to craft a bipartisanship bill that would be balanced between government spending and tax cuts. With a price tag of more than US\$800 billion,

REPUBLICANS THEMSELVES WERE SURPRISED BY HOW EASY IT WAS TO TRIP UP THE NEW GUY



sounds and arguing over how to begin the slow climb out of recession. Instead, even GOP members surprised themselves with how quickly they ripped up the new guy. Obama struck out his hand—and gave Republicans what little minority whip Eric Cantor has since called a "shot in the arm."

It came eight at the beginning of the process when, in spite of Obamas call for bipartisanship, congressional Democrats began drafting the stimulus bill without the public assistance in the process. On Jan. 22 before the package was to be voted on in the House, Obamas gave a great few of journeys to Capitol Hill to have lunch with Republican members and listen to their concerns. In the days leading up to the vote, he pushed House Democrats to make compromises. When

praised his willingness to listen. But before they had even down to their last, Republican House leaders had ensured they would be asking their members to not vote for the bill, which they said still had too much spending and not enough cuts.

When the action moved next to the Senate, Republicans continued to chafe at the inclusion of a variety of spending projects that had languished on Democratic wish lists for years: Republican critics of "porkulus" said if the nonessential items of "porkulus" were "boondoggles." Republican Senator Lindsey Graham of South Carolina held up a graph of projected debt, and asked, "Who's going to pay for all this?" Nevertheless, so many amendments were being offered, and voted on, that sensible town Republican voices

tried to, a conservative think tank in Washington, "Pork did not bring bipartisanship when they were putting the package together, and it's not going to bring the process the process you're asking for," he says. "But at the same time, the process they used—going through committees and allowing votes on amendments—was more open than most of the things we saw when Republicans were in charge of Congress. It's a mixed bag." Nonetheless, the Republican rejection of Obamas efforts was risky, he says. "It looked like Obama makes room for gestures and Republicans give her the finger."

Some, though, faulted the President's approach as well. Democrats—who refused to take any advice from Republicans whose policies they blamed for the economic crisis—said that it not only had the effects of bipartisanship

HEALTH SECRETARY nominee Tom Daschle overs US\$12.000 in travel. House Speaker Nancy Pelosi originally blocked Republicans' input



Republicans took aim at a provision that would have expanded Medicaid coverage of family planning services to low-income people. Obama asked the House to strip it out—though the Congressional Budget Office estimated it would save the government \$200 million over five years in pregnancy and post-natal related expenses. When Republicans refused, planned spending to improve the National Mall, Obama had that knocked out, too. Democratic Senator Robert Menendez of New Jersey called Obama's efforts "the most deliberative, most inclusive process in Washington that I have probably seen in at least my 17 years here."

But Obamas though. The Republican House members grinded about the "cordial" and "substantive" conversations with Obamas, and

that it was hard to keep track of how many billions were being spent on what. While the economy needed, Obamas seemed to lose control of the conversation.

Although Republicans pelted the President for his outreach and an ongoing bipartisanship, they faulted House Speaker Nancy Pelosi and House Democrats for not involving them in the drafting of the bill so to make true bipartisanship possible. Pelosi responded that by allowing Republicans to offer amendments in the committee process, she was giving them more opportunity to water down the bill than Republicans had given Democrats. She had given Democrats the "most deliberative, most inclusive process in Washington that I have probably seen in at least my 17 years here."

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Institute, a conservative think tank in Washington, "Pork did not bring bipartisanship when they were putting the package together, and it's not going to bring the process the process you're asking for," he says. "But at the same time, the process they used—going through committees and allowing votes on amendments—was more open than most of the things we saw when Republicans were in charge of Congress. It's a mixed bag." Nonetheless, the Republican rejection of Obamas efforts was risky, he says. "It looked like Obama makes room for gestures and Republicans give her the finger."

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and building up trust in both sides. Developing a post-porkulus politics is a big part of the process that Obamas brought to the country," from signed policies with the present. "It doesn't surprise me that, for the first term of opposition, Republicans would vote in an out, and that the Democrats would try to extract some payback for how they had been treated by Bush for eight years," he said.

The disappointing stimulus package passed. Fighting was not the only clash between campaign promises and the reality of governing during Obamas first weeks on the job. He took office promising high-minded reform—a pledge that appeared to be undermined when a procession of his nominees to high-ranking positions turned

enrichment with the help of high-profile lobbyists in a political nightmare in the making.

The question of Obamas honored Obamas over other lawmakers. He had vowed during the campaign that lobbyists "won't find a job in my White House," and issued an executive order on ethics that included a ban on anyone in his administration working on issues related to private sector work or former clients for two years. But he found himself making exceptions for White House lawyer, a former lobbyist for defense contractor Raytheon whom Obamas nominated as deputy defense secretary before the order was issued, and William Corr, a recent

anti-subpoena lobbyist whom he nominated as deputy secretary at Health and Human Services. (Corr said he would recuse himself from tobacco issues.) It all made his opponents in Congress look less than aqua-clad. "You've come to our town and asked us to trust you, but then when you appointed to your cabinet are not trustworthy, can't handle their own budget and taxes," a skeptical senator told Obamas on Monday at a town hall in Elkhart, Ind., where the President had traveled to promote the stimulus bill.

Obamas critics, though, were not the only ones to have trouble with his transition. The American Civil Liberties Union objected this week when his administration reaffirmed the Bush administration's legal arguments in a lawsuit by four filmmakers who claim they were harassed by the CIA, often evasive and uninvolved. Both administrations asked the court to shut down the case under a state secret privilege, on the grounds that even talking about it would endanger national security. Obamas new attorney general, Eric Holder, and the use of the state secret privilege in all litigation originated from the Bush administration would be removed.

Perhaps most importantly, Obamas most hotly contested plan for the banking system, presented by Treasury Secretary Timothy Geithner on Tuesday, was upheld by investors for navigation, and for leaving too many questions to be answered down the road. It sent stocks tumbling and raised doubts about whether the new administration would emerge a grip on the credit crisis.

For a moment during the stimulus bill debate, it looked like Obamas might be accelerating the bipartisan change. As a return for congressional Democrats on Feb. 3, he assured his critics of engaging in "phsyic arguments and party politics," and raised against Republican demands for more

GOP CRITICS FILLED THE AIRWAVES WITH TALK OF 'PORKULUS' AND 'BOONDOCKLES'



REPUBLICAN LEADERS' meet with Obamas to talk about the stimulus bill.

out to have not paid their taxes. Timothy Geithner, his choice for treasury secretary (who comes from the IRS), had made clear what Obamas called an honest mistake and was eventually confirmed despite a delay in paying \$10,000 in taxes. But Obamas pick for the newly created post of "chief performance officer," Sandy Rilett, withdrew when it emerged she had not paid full taxes on household help.

The biggest blowover came when Obamas nominee for secretary of health and human services, Tom Daschle, pulled out because it emerged that he had not paid US\$12,000 in taxes on a self-employed insurance provided to him by a connected Democratic money man. The former Senate majority leader, an expert in health care policy, had left politics in 2004 and made millions as an advisor to investment firm and a Washington law firm where Obamas old business with the government had been an unusually qualified to push through Obamas planned health care reform. The prospect of a Senate confirmation hearing, though, prompted Daschle's poor politics

and tax avoidance to end his political career. The group to use taxpayer funds to pay the salaries of employees hired under Obamas tax policies, for example by a Christian group that would not consider having a Jew, Muslim, atheist or homosexual. Obamas not only kept the controversial office intact, but expanded its role and renamed it the White House Office of Faith-Based and Neighbor-



'WE HAVE NOT BEEN PERFECT,' OBAMA SAID, 'BUT WE ARE CHANGING WASHINGTON'

hood Partnership. He did not make a blanket change to the home policy, but created an advisory council to oversee having issues on a case-by-case basis.

Obamas also pointed several other bad deals down the road. With great fanfare, non days after his inauguration, he declared he would close the prison at Guantanamo Bay, and freeze the military trials there. But he put off the囚室 in months the completion in question about what to do with the detainees. Likewise, he banned torture and U.S. interrogations would comply with anti-torture laws and treaties, but left the details to a review of specific permissible interrogation techniques. As well, he has delayed plans of withdrawing troops from Iraq within 16 months to under review, with the Pentagon also studying timelines of 19 and 23 months.

Meanwhile, the day after his inauguration, Obamas executive order bringing more transparency and less secrecy to government. However, the American Civil Liberties Union objected this week when his administration reaffirmed the Bush administration's legal arguments in a lawsuit by four filmmakers who claim they were harassed by the CIA, often evasive and uninvolved. Both administrations asked the court to shut down the case under a state secret privilege, on the grounds that even talking about it would endanger national security. Obamas new attorney general, Eric Holder, and the use of the state secret privilege in all litigation originated from the Bush administration would be removed.

Perhaps most importantly, Obamas most hotly contested plan for the banking system, presented by Treasury Secretary Timothy Geithner on Tuesday, was upheld by investors for navigation, and for leaving too many questions to be answered down the road. It sent stocks tumbling and raised doubts about whether the new administration would emerge a grip on the credit crisis.

For a moment during the stimulus bill debate, it looked like Obamas might be accelerating the bipartisan change. As a return for congressional Democrats on Feb. 3, he assured his critics of engaging in "phsyic arguments and party politics," and raised against Republican demands for more

rears. "Don't come to the table with the same old arguments and warn about what helped to create this crisis," he said. Then, on Monday, White House spokesman Robert Gibbs told reporters that drawing entire GOP votes for the package was less a priority than getting the bill passed. "The President is not much less about what the makeup of that vote is than we are about getting something done and getting something to his desk to sign."

But his approach appears to have played well with the public. A Gallup poll released on Monday found conservatives in the first week of February suggested that 61 per cent of Americans approve of Obama's handling of the stimulus package—a few points less than he had at the height of the inaugural losses, but still strong. Congressional Republicans, by contrast, had only 31 per cent approval. Then Obama was relieved. "There's a conventional wisdom to who's going on in America Washington, and there's the reality of what's happening in America," said Gibbs.

It didn't hurt the President that Republicans directed most of their attack at congressional Democrats, and not him. "I think his desire to have greater Republican support was not possible, as a result of the problems that the majority in the House and Senate produced," said the Republican leader in the Senate, Mitch McConnell of Kentucky, on Monday. But McConnell hoped to have "genuine bipartisanship" on issues going forward and was particularly "optimistic" in working with Obama on reforming entitlements.

And in spite of his earlier misgivings, the President has kept on cheering. On Friday, he praised each of the four moderate Republican senators who voted for the stimulus for "magnificent choices." Pennsylvania Republican Arlen Specter, the senior Republican on the Senate judiciary committee that confirms federal judicial appointments, said Obama spent much of the time discussing co-operation on judicial appointments. "That's what we talked about, having an amicable approach," Specter said. "I think he means it."

At his first presidential press conference on Monday night, Obama said his avowments "were not designed simply to get some short-term votes. They were designed to try to build up some trust over time. And I think that as I continue to make those comments, Americans hopefully that will become apparent." He also and the first night of his tour was something about health-care reform. "I suppose what I could have done is started off with no tax cuts, knowing that was going to want to some," Obamawised, "and then let them take credit for all of them. And maybe that's the lesson I learned." The learning curve has been steep and quick, but, said Gibbs, "I am the national opinion."



THE NEW WORLD ORDER

The U.S. says it will do more for its allies—but it wants more, too



PAUL WOLFOWITZ

For all the inserted doses of incisive foreign policy weighing down on it, the administration of U.S. President Barack Obama is still in the relatively early part of its day when it comes to affairs abroad. So when Vice President Joe Biden showed up at the Munich Security Conference with a summary and soothing speech, his largely European audience should have known other entreaties with a darker message wouldn't be far behind.

Biden's speech was intentionally speechy, and when he delivered it on Sunday morn-

ing to the world's foreign policy elite in a packed ballroom of the Bucerius Hotel, it was obvious why Barack Obama had chosen him for the No. 2 slot. Biden enhances the credibility of his boss's foreign policy message simply by being the guy who always is. A veteran U.S. senator, he knows the Münch crowd well. He has attended the annual week-end gathering in the Bavarian capital many times. He knows it is a more focused, less contentious and arguably more impartial gathering than the glitzy annual World Economic Forum in Davos. A perfect place for the Obama team to cut sat on its message to the world.

Biden seemed as stand-up as ever, quipped the mogul Javier Solana, the European Union's foreign policy representative, in a brief, long and chatty fit long minutes with Henry Kissinger. Then he had to the platform to deliver a brief message. Obama went to deliver it from a podium not far away. The bid was delivered by David Petraeus, the four-star general in charge of the U.S. Central Command and therefore of the wars in Iraq and Afghanistan, and Richard Holbrooke, the weary diplomat who served as Obama's legal envoy to Afghanistan and Pakistan.

"I would be serious if I did not ask individual countries to examine very closely what forces and other contributions they can provide," said Petraeus. And if anyone was around what might happen, Petraeus had brought along with him, like a shadowy bride who had registered at the Canadian marriage bureau: "More intelligence, surveillance and reconnaissance platforms," he said. "More military police, engineers and logistics elements. Additional special operations forces and capabilities." More MRAPs and attack helicopters and fixed-wing aircraft. Additional air mobility assets, increases in infi-

"Afghanistan is going to be more difficult than ever," a top U.S. diplomat said. "It's going to be more difficult to sustain the gains we've made."

How could this much effort be needed in a war that is already in its eighth year? It's to Holbrooke to deliver the grim prognosis: much of the work of the last seven years was wasted and country瀝ndered. "Let's face it, we've failed," he said in the conference's closing remarks. "The task ahead of us is far more difficult than anything the bush administration and this incoming [team] never imagined in the U.S. government, that started at Versova, ever assuming anything difficult in the situation that confronts the countries involved in Afghanistan and Pakistan at this point."

The "story of Afghanistan," Holbrooke said, is full of pledges to more and more and the better of its lead nowhere. In the U.S. government's foreign-assistance program, "I have never seen anything resembling the mess we have inherited," he concluded. "In my view it's going to be much tougher than Iraq."

The surprise is that many assumed not only greater for more demands from the U.S. but, in some cases, eager to comply. John Major, the plowman British defence minister, and his country would be reinforcing its Afghanistan contingent. He predicted the crowd, which included 40 heads of government, foreign and defence ministers, to do the same. "It is better to be than to be asked—to be absolutely blunt, combat roles, right now, are the premium issue. Without our allies, if we imagine other contributions, right now, are of the same value. They're not."

Talk is cheap at Munich. Instead, talk is of the results of the security conference, which in 45 years has turned into an informal, semi-governmental forum for the North Atlantic policy elite to compare notes and bicker over. But suddenly a lot of countries seemed to be discovering new fire-fighting resources when before there had been only embarrassed silence. The Bulgarians said they'd be in for an increased commitment. Radu Silaghi, the Polish foreign minister, urged everyone to make sure they didn't attach too many strings to their contributions. "We have given and we expect given time."

The German hosts were more reticent, hinting strongly that Germany will increase only its contributions, but French President Nicolas Sarkozy, who cannot resist an urge to show how much more the crew lines hill sell, said France would be doing more and the two went on to suggest an increased effort to help, coming—from Germany as well as France.

The non-anniversary summit of NATO heads of government will be held this April in the neighboring French and German

DAVID HURN/REUTERS

border towns of Strasbourg and Kehl. "It is, as always, time to review NATO's strategy and for France and Germany to draw a clearer number of consequences," Sarkozy said. "Believe me that between now and April we will try to ratchet up to the greatest ambition of that family, which is ours."

German Chancellor Angela Merkel was in Paris with Sarkozy while he spoke. What she told Sarkozy or appalled her in what she saw by the first time, but she gave no sign of it.

So the Obama camp's brand of earnest endeavour was a hit with America's allies in Munich. If the new President's biggest headache was worrying about the news his surrogate would give for their speeches, his critics need not have worried. Reality had arrived via the newspaper head lines and a few of the conference's most prominent, and controversial, speakers.

On the eve of the conference, Pakistan released A.Q. Khan, a nuclear scientist who is accused of spreading his weapons know-how to Iran, North Korea and Libya, from house arrest. Ryugyong's nuclear ambitions in Moscow. Iran has ordered the United States to close an air base it uses in its country for operations in Afghanistan. Iran launched a lonely little satellite in orbit demonstrating an ability to lob nuclear war heads at universal targets. The U.S. logged its most monthly job losses in 16 years, and a few Munich conference veterans, including senators John Kerry and John McCain, had to make house in Washington this year as a harbinger of Obama's economic standard of living.

The status quo outside went unvoiced by the visible refusal of Russia and Iran to witness the easy agreements of their North Atlantic counterparts. Biden devoted much of his speech to seeking a new relationship with Russia. "There has been a dangerous drift in relations between Russia and members of our alliance," Biden said, "driven largely by last year's shooting war between Russia and Georgia, and Russia's willingness to coddle oil and gas experts to its European neighbours when they behave our displeasure."

Biden made a token effort to sound tough. "The United States will not recognize Abkhazia and South Ossetia as independent states," he said. "We will not—will not—recognize anyone trying to have a piece of influence." But by and large he agreed to disagree with Russia on Georgia—essentially a concession to Moscow—in return for help with Afghanistan.

Sergei Lavrov, the shy Russian deputy prime minister, was pleased at the attention, but not eager to make face too quickly. "I think more early 2008 when we were accused of all the things in Chechnya," said Jeremy, who was translating his party's Munich conference



SPEAKING IN MUNICH, JOE BIDEN OPENED HIS KIT BAG OF HELPING WORDS, OFFERING TO 'ENGAGE,' TO 'LISTEN' AND TO 'CONSULT'



"This time I think we have any substance of entering of Russia." A new era of co-operation, then? Not so fast. Biden had offered to "pursue the reset button" with regard to Russia's relations. Lavrov was unpersuaded. "It is a figure of speech. There is no button that you press to reset."

Where the Russian warparty, the Iranian

deputy parliamentary speaker Ali Larijani, was drawing a blank print. He showed up wearing the universal emblem of gentle reticence, a sweater vest, but promptly tore it in a gesture of U.S. administration. "Everybody is talking about the push-off of the U.S.," he said. "But everybody knows it here that the U.S. is the only one who has

used nuclear weapons in the world," a reference to the stern-birth attacks on Hiroshima and Nagasaki nearly 64 years ago.

Why were the Americans so obsessed with the prospect of Iranian nuclear weapons? "The Americans have had no problem with Israel's nuclear program. Or India. Or Pakistan." He lamented the American role in the 1995 Iranian coup that replaced an elected government with a pro-Western dictator, US-supporter Iraq's Saddam Hus-

sein a McCain supporter. Which meant, apparently, that he had to spend a lot of time telling his mother: "I've been a friend of John McCain all my life," he said, before adding, "I have long advocated negotiations with Iran on a broad front."

Even Lupu interrupted his harangue long enough to offer grudging praise for Obama's first steps. He noted that the President's Middle East envoy, George Mitchell, had visited the region with a stated desire "to listen, not to dictate." "This is a courageous," Lupu allowed.

You rule what you can get?" It only would have had dialogue in my lifetime with many partners. I wouldn't, during the Cold War, have made contacts with the East" and Kursten Voigt, a German politician who is in charge of relations with North America in the German Foreign Ministry. "And definitely, as safe with different partners—and I have, on a regular basis, had contact with the leftists and they are difficult to negotiate?"

Engelhardt's gamut broadened the country yet set the stage in justifying Russia and the U.S. together—beraternische countries are starting to agree that a strategic deterrent against attacks from the geopolitical household of Iran may yet come in handy.

Until the Geneva was, the great fissure of division between the Bush administration and Russia was Bush's plan to install missile-defence batteries in Poland and the Czech Republic. Vladimir Putin saw the stakes of a show against Iranian security and responded with plans to install short-range Iskander missiles in Kaliningrad, already encroaching Poland's popularity.

Biden and the March audience the Obama administration will keep on missile defence—but "in consultation with our NATO allies and Russia." Biden said he'd rather use the planned bases in Poland and the Czech Republic—scraped, except, but privately US officials welcomed the American openness to co-operation.

And where was Canada in all this? Not absent, for the first time in a while. Defence Minister Peter MacKay showed up in May, making him the first Canadian cabinet minister to attend since the Conservatives were elected to power. (Urgent foreign policy issues John Baird and John Baird had been assigned to attend in their stead.)

MacKay is said to be campaigning for the job of secretary general of NATO, which happens to be Schieffer's sister-in-law's last year. Such campaigning, if it takes place, is done into the European press interviewed by Merlin's could not come up with any reliable list of candidates. Christian NATO sources said MacKay is highly regarded for his association with his blunt talk, but as a Canadian with a short CV he has a long way to go in convincing people he can manage the delicate relationship between NATO and the European Union.

Appearing on the same panel as Hellefson and the others, MacKay pitched Canada as a determined ally that is already implementing the core of well-coordinated, "whole of government" approach to military and civil war intervention in Afghanistan that the Americans hope to lead.

"We have more to do," MacKay said, quipping Robert Frost. "Miles to go before we sleep." He added, "I don't think we can ever abandon the effort, to have more countries, to have more allies on the ground, until we tip the balance." And to make sure nobody has any question of his seriousness, he concluded, "a country that believes very strongly in this multilateral process, Canada remains very committed."

What he did not mention, however, is that the environment may well 2003 and that Stephen Harper means Canada's military deployment to Afghanistan will substantially end then.

But that kind of display is not a mighty effort of will to see any hopeful prospects for relations with Iran. Biden did his best. "We are willing to talk," he said. "We are willing to talk to Iran and to offer a very clear choice: continue down your current course and there will be pressure and sanctions; abandon your nuclear program and negotiate a reasonable deal and there will be a meaningful inspection."

That option drew at least one high powered endorsement, from Romano Prodi, the Italian foreign policy guru who seemed to be everywhere at this conference. Differences over Iran were a key point of disagreement during Biden's presidential campaign between Biden and John McCain. Romano



CHINA: NEIGHBOURS BURN DOWN A SKYSCRAPER
China Central Television has apologized for leveling Jinwuxia that completely destroyed Beijings new 44-story Jinwuxia Oriental Hotel. Still under construction, it had been set to CCTV's headquarters. The network set off powerful explosives despite warnings from police not to. According the court, architect Lin Aimin, lamented, "It's sad this building is destroyed before it can open to the public." With CCTV next door, maybe that's a good thing.

Trial by fire, flood, and crocodile

BY PHILIPPE GOBLET • While rising bush fires continue to devastate southeastern Australia, the northern state of Queensland is trying to recover after being ravaged by twin cyclones and storms causing the worst flooding in years.

An area of more than one million square kilometers was declared a disaster zone last week as floods damaged almost 3,000 homes in the area. The town of Ingham was completely cut off by the monsoon, which drove freshwater crocodiles into the streets and snakes into residents' bathrooms.

At the year-old bay was watched by a four-meter-long crocodile while walking on Sunday and is feared dead. In another incident, one man was wounded and another is missing after the two they were riding in was swept off a flooded road. Several other vehicles were swept around the Gulf of Carpentaria last week, and one was run over by a car in the city of Townsville.



FLOODS have driven freshwater crocodiles into Australia's streets

Local residents aren't taking their frustrations out on the reptiles, though. The giant crocodile in the northern bay has been captured suffering cuts and bruises, while the parents of five-year-old Jeremy Dohle have asked authorities not to harm crocodiles caught in traps after when their son disappeared.

Water levels are now receding, and the focus is on tracing food and supplies into the area and preventing further flooding. "There are bigger issues of raising money than the [flood's] consequences, that they're spilling," Queensland Gov. Peter Beattie told local reporters. "The industry is going to come in and help with that, so that we are acting in a way to prevent any emergencies of disease."

Meanwhile, in the southeastern state of Victoria, the death toll from rising bush fires has been climbing and is now expected to exceed 200. The government has made more than \$1 billion available to disaster relief, and there are reports a flood summit group that handles assistance payments to the even more desperate fire victims in the south. ■

Finland's epidemic of cheap booze



AMONG working-age Finns, drink is now the leading cause of death

BY DEBRAH HO MURRAY • It's last call for cheap booze in Finland. Doctors are pressuring the government to raise the rates on alcohol to combat an epidemic of out-of-control binge drinking that has made alcohol the country's number one killer.

Over the past decade, alcohol consumption has doubled in Finland. In cities near and far, all of their Nordic neighbors, consumption has almost doubled since 1990, according to the latest statistics. In 2001, drinking-related heart disease and cancer are the leading cause of death among people ages 15 to 64, and since then the problem has only continued to grow. According to Statistics Finland, alcohol-related deaths increased by a staggering nine percent in 2007 alone and more than 2,600 Finns die of alcohol-related causes each year.

"We have such dreadful drinking habits," said Päivi Päts, a spokesman for the Finnish Ministry of Social Affairs and Health, told *Russia Today*. "We drink to get drunk."

Health officials say the problem has been growing so quickly because of access to cheap alcohol from neighboring countries such as Estonia and Russia. Because many Finns were taking theirerry to Estonia's capital, Tallinn, to stock up on booze, in 2001 the government clamped down on the drink on domestic prices by about 40 percent. The idea was to keep Finns from leaving the country to buy their booze, but it only succeeded in reducing the revenues to fund anti-drinking efforts.

Reformer Esa Ossenberg, of the Alcohol and Drug Committee in Helsinki, says the country now plans to raise alcohol taxes by 10 percent. "We're not increasing alcoholism, there is no reason why people should decrease drinking," she says. But whether making homeowners responsible for helping to solve the problem—or just giving people a financial hangover—remains to be seen. ■

Has Chávez worn out his welcome?

BY RACHEL MENDLESON • When Venezuelan President Hugo Chávez took office in 1999, he invoked 19th-century Latin American hero Simón Bolívar, vowing to combat poverty and severe economic inequality. Ten years later, Chávez is refusing to give up control as he reaches the end of his two-term term. Ironically, his opposition has come to echo Bolívar's teachings to make his case. "Nothing is as dangerous as letting the same mistakes recur in a longer time," reads the 1819 quotation on their banner.

The founder, though, will be a controversial figure whether Chávez can run for re-election in 2013. Feuding the outcome, hundreds of thousands of protesters are flooding the streets to oppose yet another effort by their president to cling to power. The socialist leader's supporters, meanwhile, are growing more militant, throwing tear gas canisters at the homes of detractors.

The opposition is angry because Chávez has already tried—and failed—to eliminate the two-term limit on elected presidents. In 2007, he was narrowly defeated by a few thousand votes. Still, the president says he needs more time to complete his "Bolivarian Revolution," territorializing in a recent speech: "I should stay at the helm for at least 10 more years."

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KATE Franklin and Jon Martin were laid off from their jobs at GM's Autowire and before their daughter, Weston, was born.

A GENERATION OF FAILURE

For a while, it looked like young workers had finally caught a break. It didn't last long.

BY JASON KIRBY • PHOTOGRAPHS BY YVONNE HERG

Finally things were looking up. For years Jon Martin had found himself in a series of lousy jobs. As a teenager he served time at McDonald's. In the winter of the 1990s recession he worked at a gold course for low wages alongside disgruntled university grads. Late, he installed garage doors, working year-round to earn meager rates with bare benefits. Then, three years ago, Martin finally caught a break. He landed a coveted spot on the assembly line at GM's Autowire in Ingleside, Ont.—and every thing began to fall into place. At 45 an hour the pay was good. The full benefits package was even better. *Heretofore* Peter Parker, another employee, and with a sense of confidence born of their joint paychecks, they bought

a small house together in nearby Etobicoke and prepared to have a child. "We were able to actually have a plan that we could move forward on," says Martin, who's now 36. "Things were looking good and the company said if there was ever any trouble, they'd just reduce production and rotate layoffs." After a year, he adds, "It didn't work out that way."

Last spring the couple both received pink slips, making them the latest victims of the unemployment wave to come. In June, Parker gave birth to a baby girl. And Martin, already a father of three, now finds himself right back where he started. It's his working wife

Many Canadian centrist youth are at risk of being left behind. In an interview, Research Group survey published last year on behalf of the federal government, the majority of people in Canada said they felt they were better off financially than their

deaths again, earning 111 an hour while his fiancée struggles to raise their young family. "I'm starting all over," he says. "We have no idea what we're going to do to get by. It's the same thing that everyone we know. My generation is in serious trouble."

Canada's economy is built on a simple but deeply embedded belief that every new generation will do better than the one before it. But now, as we did when what is expected to be a long and painful recession, there's a very real feeling the cycle of generational one-upmanship has come to an end. Meaningful evidence suggests today's 18-to-30-year-olds are struggling just to keep up with the life-style their parents have enjoyed, let alone push ahead. It's all the more frustrating because before the recession left, workers such as Martin were just starting to gain some traction—for the first time in their lives, they actually felt like they were getting ahead. Then they stumbled into the recession. It's left experts asking some uncomfortable questions. Will younger workers ever dig themselves out of the hole they're in? And could this be the last generation in decades to do worse than their parents?

Many Canadian centrist youth are at risk of being left behind. In an interview, Research Group survey published last year on behalf of the federal government, the majority of people in Canada said they felt they were better off financially than their

parents were at the same age. Yet when asked about the prospects of the next generation, only three in 10 thought younger people will pull off the same success. They have good reason to be pessimistic. When you look at the most crucial yardsticks of our financial well-being—our paycheques—you find that young workers are in fact falling behind. In 1995 the median income for families in the 25- to 34 age group was \$36,369 (after adjusting for the effects of inflation). Three decades later that figure has actually dropped to \$34,066. And with the economy backsliding, economists warn incomes could take an even bigger hit.

There's more to the gloomy outlook facing the under-49 set than just decent long-term data preparing to enter the job market. Today we are already shouldering a huge burden. Many are staying in school much longer to obtain higher degrees, in the belief that an analytical mind of credentials after their names will guarantee a higher paying job. It was drilled into the head of Kyle Fisher, Martin's finance, in the days growing up. "Parents push you to go to university so you can do all these great and wonderful things," says Fisher, who graduated from the University of Guelph in 2004 with a degree in geography and minors in biology and environmental studies. "But not everyone is going to get those super-high paying jobs. So we get our degrees for 'I'm not a doctor, or a lawyer, or a teacher. I'm just a regular middle-class person trying to make a living.'"

Even when students do land a position in

their field, chances are they'll be lagging those who came before them. Many degrees do boost incomes. But with so many master's and Ph.D.s floating around that framed piece of paper on the wall now often less bang for the buck than it used to. Numerous studies have found that to earn what a regular university graduate made in 1995, one must now obtain an M.B.A. and M.A., or even a Ph.D., which entails an extra 10 to 15 years of schooling. Put another way, says Richard Sherman, a research professor at the University of Alberta, "The cost of an education has gone up 10 times since the 1970s."

ONLY THREE IN 10 CANADIANS BELIEVE YOUNGER PEOPLE WILL BE BETTER OFF THAN THEIR PARENTS'

University of Quebec, after inflation, a 25-year-old who graduated this decade can expect to earn just 80 to 90 per cent of what the same graduate would have polled down in 1980.

The lower income is bad enough, but all that extra schooling comes with a hefty price tag too. In 2005 the average graduate left school with about \$24,000 in debt, up dramatically from \$8,300 in 1992, according to the latest report from the Canada Millennium Scholarship Foundation. (All figures are in 2006 dollars.) Which means, over the same period, the number of university students in hock when they graduated jumped

from 4.5 per cent to nearly 50 per cent. More debt, more degrees and more time spent in school. "It all adds up to more people below the age of 30 having a harder time saving down and acquiring the lifestyle their parents thought was normal when they were under 40," says Sherman.

Not that older Canadians typically have much sympathy for those rolling away in school. With more thirty-somethings boomeranging back to mom and dad's place, there's a suspicion that young people are choosing university life as a way to avoid the harsh realities of the working world. Yet there's no denying that the world is far more complex and competitive than it used to be. Today, goods flow across the globe with ease, as do jobs.

Trade has helped lower the price of the action CD and the grocery bill, but many believe globalization has also put downward pressure on what Western countries can pay for skilled labour, since it can often be done cheaper overseas. "When I was young, Canadians didn't have to compare with people all over the world for jobs, but now it's a greater concern they do," says Malcolm in Handcock, of Marcus Marion Insurance Consulting in Toronto. More and more, it looks like the days of finding a decent-paying job fresh out of high school are over.

But despite all that, after a full quarter-century of spinning their wheels, there were

"THE COMPANY said if there was any trouble, they'd reduce production and relocate. It didn't work out that way," says Jim Morris.



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indications earlier this decade that young workers were finally ending up for last growth. It wasn't just Boomers who had access to far more opportunities. After decades of lagging previous generations, younger workers were pulling ahead, at last. Between 1997 and 2007, hourly wages for workers under the age of 15 outpaced those for all other age groups, according to a Statistics Canada report released last year. Suddenly, with unemployment at a 30-year low and companies struggling to find workers, the new generation finally seemed to have the upper hand. "At last those groups that had been left behind were becoming more valuable as a source of labour," says Roger Sawat, president of People Partners Consulting. On top of that, the younger generation was told they could expect an employ rate similar to Canada's 10 million baby boomers, everyone third of the population, began to retire.

Then, with almost no warning, young workers' handoff into what may be the worst recession in decades. The Canadian collapse has already claimed 200,000 jobs in Canada over the past four months. Economists believe that figure could easily rise by another 200,000 by year's end, and even that could prove to be optimistic. With each round of layoffs, any hope young workers had of negotiating higher salaries evaporates. "The generation has been screwed by demographics," says Linda Dobson, a professor at Carleton University's Sprott School of Business. "They've been through a recession, a robust recovery and stagnation, while the baby boomers got in there and clogged up all the jobs in the hierarchy," she says. "Finally, they thought, this was going to be their time. And now we have another recession."

Dobson hopes that the situation for young workers will improve somewhat when the economy finally recovers. "We had a gen-

eration that came into the recession, and when we come out of this recession, we're still going to have a labour force crisis," she says. Because of that, she thinks employers are facing increasingly strengthened by focusing on younger workers when it comes to layoffs. "For warning employees, if you treat them badly now, it's going to come back and haunt you." Still, depending on how long and deep that recession goes, it could virtually wipe out the meager gains of the past few years. And that's where, as the nation's young workers will have to face the残酷 realization of going

KATE overns her babies at home, while Jim looks for \$41 an hour



THIS GENERATION HAS BEEN SCREWED. THE BOOMERS CLOGGED UP ALL THE JOBS.

down in history as the first Canadian generation ever to do worse than their parents.

Even if things do improve for young workers down the road, it will continue to challenge such as Martin and Fisher. They're still trying to figure out how they'll cope with the mortgage payments and other costs of raising a family over the next few years. After casting a sombering glimpse of the lifestyle their parents enjoyed, now it's back to square one. "I can't get out of the bucket," says Martin. "I don't know how I'm supposed to get out when there's no work."

Don't worry, though. The situation for young workers will improve somewhat when the economy finally recovers.

"We had a generation that came into the recession, and when we come out of this recession, we're still going to have a labour force crisis," she says. Because of that, she thinks employers are facing increasingly strengthened by focusing on younger workers when it comes to layoffs. "For warning employees, if you treat them badly now, it's going to come back and haunt you." Still, depending on how long and deep that recession goes, it could virtually wipe out the meager gains of the past few years. And that's where, as the nation's young workers will have to face the残酷 realization of going

TRUST YOUR JEWELS WITH WALTER FERNANDEZ

Mike Cooper flew to Atlanta recently and grabbed a cab driven by Walter Fernandez. When she got out, she forgot to take a bag. Content, three diamond rings, two diamond earrings and a Rolex. Cooper spent six hours trying to track the bag she hadn't been worried. Fernandez turned up at her hotel with it. She rewarded him with a kiss and US\$100. Why didn't Fernandez keep it worth thousands? "It wasn't mine," he said.

EMPLOYEE
OF THE
WEEK



www.AlmondsAreIn.com



www.AlmondsAreIn.com

Ending the myth of the frugal Canadian

STEVE
MARCH

One of the most comforting and oft-repeated truisms of this financial crisis is that, at least in theory, we, the Canadian way of life, are better off than our neighbours to the United States. This is great news and, unfortunately, attributed to the fact that Canadians are more responsible and modest than Americans. Most importantly, we never ran up the massive debt loads that are typical south of the border. And so, we smugly shake our heads at the Americans and congratulate ourselves on our culture of restraint.

Well, so much for all that.

Turns out that while we were happily making the myth of the frugal Canadian, we were celebrating at the mall and treating ourselves to new-home theater systems and a few extra fancy restaurants. The global consulting giant Deloitte issued a report on Canadian credit levels last week, and though it conveniently partitioned us into a should have been more than enough to follow up our smug self-image for good. According to the report, Canada's household disposable income rose 9.6 percent that of the U.S. As of the middle of last year, the typical Canadian household now owns a little more than 1.5 times as annual disposable income, whereas the average American household owns a little over 1.2 times as income. That's all debt, including mortgages, when compared to our income after taxes and interest costs.

What's even more striking than the shattering level of indebtedness is the speed of its ascent. According to Deloitte partner Pat Daley, one of the report's lead authors, Canadian household debt has been rising at a rate of about 10 per cent a year since 2001, while our incomes were growing about half that fast. In all, Canadian credit card balances have nearly tripled, to 10 per cent of our years, and now stand at \$16 billion. And while most Americans were actively cutting back their debt load last year, Canadians were still piling on. Last year, the average American's savings rate rebounded to above one per cent of income, while the Canadian savings rate slipped below America's for the first time since the early 1990s.

All that, of course, has huge implications for our economy and the health of our banks. But the ironies are bound of our debt wills will be felt by credit card issuers. For the year

to end, credit card issuers will be the most expensive part of our love-hate relationship with credit. Most issuers pull out their three inches of plastic at least once a day, and when tough times hit, it's often the card's enormous issuance rates that generate the most pressure. And so, with the economy slowing, perhaps it should come as no surprise that Canadian credit card users reported a surge in delinquent amounts of between five and 10 per cent in the last month of 2008.

Most companies saw their losses grow as

majority of North Americans, credit cards are at the very heart of our love-hate relationship with credit. Most issuers pull out their three inches of plastic at least once a day, and when tough times hit, it's often the card's enormous issuance rates that generate the most pressure. And so, with the economy slowing, perhaps it should come as no surprise that Canadian credit card users reported a surge in delinquent amounts of between five and 10 per cent in the last month of 2008.

Most companies saw their losses grow as

they issued to buy themselves an extra few months of breathing room, and fall back on cash advances when their bank accounts ran dry. When the inevitable bankruptcy filings begin, the card companies have little recourse. They simply have to take the loss. With the economy slowing rapidly, those companies will be holding the bag as millions of people lose their jobs and fall behind on their bills.

What this means for consumers is that you can expect your card company to be watching much more closely to the months ahead. Remember all that low price that you never heard anyone card applicants? Well, your card company does. Even if you have a perfect repayment history, you may find your credit limit squeezed and your interest rate hiked.

To shore it down and reduce risk and avoid massive losses, card issuers are resorting to what's called "financial profiling." It works exactly like credit profiling, and will soon be just as controversial. Credit card companies look at the things you buy, where you buy them, and how you pay your bills. If your purchases resemble that of people who often default, you could be in for a surprise, even if you are up to date on your payments.

Use your card to pay a marriage counselor? Your marital trouble could end up financial trouble as well. Use it to pay for expensive trips on your car or to have them repaired? That might suggest you don't have the money to buy those cars, and may raise red flags about your money situation. Even shopping at discount stores like Wal-Mart could cost you enough to spark some red-eye alerts. Kevin Johnson, a 39-year-old American with a spiffy credit history, recently saw his credit line slashed by 66 per cent. He investigated and was told it was because he loaded up his card during his honeymoon and shopped in certain stores that American Express considers down-market. He has since become a consumer advocate, blogging about his battle with American Express Credit Cards.com. But it's not clear exactly what can be done about financial profiling, aside from alerting consumers that it's happening.

We're in the middle of an unprecedented credit crunch, combined with a deep recession, and Canada is not just as deeply as the U.S. in. Credit companies lent like fools for years and are now really scrambling to cope with the consequences. They have to reduce their risk, or else credit could do us in, and that means even responsible homeowners are going to feel caught up in their new era of austerity and caution.

The world just got a lot less trusting, even here in "Frugal Canada." ■

Your credit card issuer is watching where you shop

comers that have been written off and shut down have jumped by as much as 10 per cent since the weather turned cold. One percentage point might not sound like a lot, but it translates into \$500 million in annual losses for the card companies—that's equivalent to every single Canadian household sucking the credit card companies with an unpaid bill for six.

As you might expect, this trend has credit card companies worried. North Americans frequently fall back on their credit cards as their last source of liquidity when times get tough. Creditors pay over twice as much over

time to cash in on the extra few months of breathing room, and fall back on cash advances when their bank accounts ran dry. When the inevitable bankruptcy filings begin, the card companies have little recourse. They simply have to take the loss. With the economy slowing rapidly, those companies will be holding the bag as millions of people lose their jobs and fall behind on their bills.

Why it pays to run ads in bad times



CORE AND PEPSI just rolled out huge campaigns, recession or not

BY COLIN CAMPBELL • Despite watching the Super Bowl earlier this month could be a harbinger of more trouble for marketers about the recession. After all, alongside some good football to raise their moods off of the economic turmoil, there was the savagery of advertising, pushing everything from beer and chips to cars and Internet filters.

Ad budgets are typically cut when times are tough, but last week NBC reported that it broke a new advertising record during the game, with 300 million ads. It turns out that when it comes to advertising, a few savvy companies are not letting what recessions.

There is a method to their madness, says Greg Darrow, a brand expert at the University of Western Ontario. "There are some companies that see the downturn as an opportunity to build long-term brands," he says. In good economic times, there is no rush advertising that messages can easily get lost but in recession, when consumers are pulling back, "you have an opportunity to break through the clutter."

He's not the only one who sees opportunity in a recession. Gold would

right now. The price of gold has gone up 30 per cent since January, and it's still rising. Gold is a safe haven, the market is reaching a new level. After all, gold would not such such either high level's up there was a complete collapse of the global economy.

It's a return to the better system of Zimbabwe-style inflation. Besides, he already saw signs that the market is eroding. Demand in India, the world's largest gold consumer, fell by half last year. He now worries that an increasingly heating driven by "junkie come lately" investment programs, not in the oil and real estate and oil.

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A CLOSED SOCIETY

SPECIAL REPORT: While other nations are opening up their legal systems, Canada lags behind

BY KATE LUBINS • When Saint John lawyer Barry Morrison agreed to take on the Law Society of New Brunswick, he says, "I was effectively suing myself." Like any practicing Canadian lawyer, Morrison had to answer to his province's self-regulating body. Even so, he agreed to represent First Canadian Tele Co. in a suit alleging the company group defamed First Canadian from the local radio station. "For years, the board and bar of private law firms were pro rata transfer," Morrison says. "We've effectively replaced the need for a lawyer to do discrete work," offering the service at lower cost to the public. In 2007 Justice Thomas W. Rawdon ruled in favour of First Canadian, scolding the law society for attempting to impede the side issue: "Members of the Law Society are not happy with the encroachment on what has traditionally been the work of lawyers," the ruling read. "[The law society appealed, and a decision from the provincial Court of Appeal agreeing, Neither First Canadian nor the Law Society of New Brunswick would comment.]

Across Canada, provincial law societies are charged with defending the public interest and the integrity of the legal profession. They disseminate rules from whence will shrews, to how professional misconduct is punished. But the interests of the public and the legal profession can sometimes clash. A rising chorus of critics say that leaving regulation in the hands of lawyers does not serve the best of legal services while Canadians pay the price. The law has come, they say, to break lawyers' control over their own dues, and let insurance companies do the heavy lifting and oversight take hold.

Morrison may be a member of his law society, but he believes there's a good argument against silencing any professionals—ever: "They're regulated." The authority, he says: "You may be the most honest person in the world, but there's a huge tendency to let government regulate you."

Imagine being able to buy legal services from the grocery store. The Co-operative

Group, one of England's largest food retailers, doesn't put oil and eggs—or even will writing, help with property deals, and other forms of legal assistance, on its shelves. On the average Canadian would have to see a lawyer to obtain: "I don't see why consumers should not be able to get legal services as easily as they can buy a box of beans," one British lawmaker said in 2005—a vision that is slowly becoming reality in the U.K.

That year, far-reaching reforms were announced in England and Wales. Dubbed "Tortoise Law," after that superannuated chess moniker, it would launch a legal system: the Legal Services Act, designed to make law look more like a business, more efficient, open, and responsive to the public. "Access to justice requires not only that the legal advice given is sound, but also the presence of the business skills necessary to provide a cost-effective service to consumers," says David Clements, a 2004 report on the law system that became the basis for reform.

In England and Wales, outside entrepreneurs can now own and run law firms and national investment is allowed, with the aim of encouraging growth and competition. Lawyers can team up with other professionals, offering services in a one-stop shop. According to Paul Pason, vice-chair of the Canadian Bar Association's national ethics and professional issues committee, Canada's reluctance such practices is "ridiculously impossible."

Law criticized for both representing the profession and regulating it, the Bar Council and Law Society for England and Wales, for instance, have a board of directors to run the firm. "It says, 'Partners can get back to the business of being a lawyer,'" Canadian firms can't really do under the current legal regime, says Ian Scott, chief executive officer of McCarthy Tétrault. Even so, some firms (including his) have assumed a corporate structure of management.

The British changes seem common sense to consumers, but they were hotly fought, and brought with them a line of criticism from the legal profession, and another that accusations of Canadian lawyers being "more completely objective," he says. "You may be the most honest person in the world, but there's a huge tendency to let government regulate you."



LAWYER Barry Morrison took on his own provincial law society

various legal panels would be in place, he says the board, as appointed in joint liaison with the lord chief justice and is "independent of government." Beyond that, he adds, it must use a light touch: "It's only if [the law society] is clearly unrepresentative that it can intervene."

Although these have been controversial after the reforms, they were also pragmatic—after all, it's not England's first attempt to crack open the legal services market. Ten years ago, for example, the government created a new profession of non-lawyers to handle property rights: it was a result. "Obviously, it would be convenient for us if everybody had to go to a solicitor," Wilmarth says. "But the reality is, you don't have to have the full range of knowledge a solicitor does to get form [controversy] effectively."

LAW SOCIETIES like the one in Saint John's Gageade Hall wield enormous power

in law advertising and sponsorship policy. In B.C., after the Competition Bureau learned some lawyers might be refusing to witness marriage refusals documents down by title insurers, it warned them against "fixing any competitive agreements."

What's more, last year, Ontario's law minister imposed regulatory control of the province's paragraphs, a clear conflict of interest, says the Competition Bureau, as lawyer corpora with them over same services. Paragraphs are now formally based from watchdogs or state, including family law. "It's devastating for the public, although you do not hear that," says one Toronto paragraph, adding that many of her clients couldn't afford to hire a lawyer. Soon they won't be able to do so, either—because of the expense associated with regulation (including lawyer

der the public's ability to shop around, "they create incentives for lawyers to be innovative," as the author says, says Chris Bazzoli, director of advocacy coordination at the Competition Bureau.

All these restrictions, law societies insist, are in place to protect consumers. Lawing who can provide legal services soon on their website. Advertising restrictions keep misleading information from confusing the public. And multidisciplinary practices face conflicts of interest issues, as lawyer might be beholden to someone other than the client (not like government, law firms work in the public interest, says Terry Miller, executive director of the Law Society of Upper Canada). "We'll let politicians do it in Parliament, and [they] run programs for the public benefit."

Unlike gone gone, though, a law society's board of directors isn't elected by, nor answerable to, the public. Ontario's law society is a government body by statute, 40 of whom are elected lawyers (another eight are government-appointed lawyers, seven are government-appointed paragraphs). To become elected, lawyers must inevitably appeal to their constituency lawyers. "Even the most cursory review of Ontario's election campaign literature in Ontario during the 1990s and early 2000s reveals a remarkable commitment to protect lawyer's interests," for example, by letting members' law firms, wrote M. Wesley Fox, the Nathan T. Neufeld professor in legal history at the University of British Columbia, in a 2006 paper.

Put another way: Canada is not so different from Australia or England, pre-1990. In those countries, traditional regulations failed to encourage competition or innovation, he notes. The complaints process is aimed to disadvantage everyone but lawyers themselves. Perhaps most significantly, legal services were becoming too expensive for all but the wealthy to afford. "In each country, the legal practice was found it difficult to respond to its critics," he writes in the paper. "Canadian legal professionals are surprisingly vulnerable to similar criticisms."

Late it or not, change may be coming. "Canada is now significantly out of sync with everyone else on this," says Ian Woolley, assistant professor at the University of Guelph's faculty of law. "It may only be a matter of time." ■

'CANADA IS NOW SIGNIFICANTLY OUT OF STEP WITH EVERYONE ELSE' ON LEGAL REFORM, AND CHANGE IS COMING.

In Canada, where law-society providers of legal services remain remote, lawyers would apparently take a different view. A 2007 report from the Competition Bureau concluded that many law-society institutions "have the effect of raising costs to consumers." The main element of these, assessed, are restrictions around law firm providers. "Canadian lawyers still have a monopoly on [providing] legal services and legal advice," says Steve Hayes, director of the Law Council's Legal Action Group. "That's a big difference. Here, the monopoly has been chopped away."

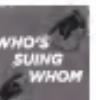
In Canada, the battle lines have been drawn. It's not just in New Brunswick that lawyers have caught wind of insurers, for instance. For eight years, the Canadian Bar Association has sued First Canadian for advertising in its magazine—advertising that wasn't lifted until last year, when the CBA implemented

new and less costly insurance products. "he's going to our business."

Law societies don't just restrict other providers, they do it to their own members, too. Lawyers' ability to advertise, for example, is limited. As noted in the Competition Bureau report, the Law Society of Newfoundland and Labrador forbids its members from advertising discounted prices. Tolson's law society prohibits lawyers from using photos, logos or symbols, and restricts the size of lawyer advertisements (their restrictions are considerably milder). In several provinces, lawyers can't advertise their fees charged to other lawyers. Not only do such rules hin-

HIGHER LEARNING MUST ACCEPT STINKY FEET

After a 10-year battle, Dutch university student Teunis Tembroek has won the right to attend lectures. A decade ago, Tembroek was suspended from Erasmus University because of his notoriously smelly feet. Professors and students alike demanded that he not attend class owing to the smell and even the library banned him from reading there. But a court judge recently ruled: "The professor and other students will just have to hold their noses."



TEMPEST IN A BOTTLE OF MOUTHWASH

A controversial study sparks debate over the effects of alcohol

BY KATE LUSH • It's a trend observed by thousands of Canadians every day: brush, floss, gargle and spit. Rinsing with mouthwash doesn't just provide a scrubbed, minty feeling, it's good for our health, we're told, curbing plaque and gingivitis (not to mention bad breath). Some brands even carry the Canadian Dental Association's official seal. But the so-called health halo could be doing more harm than good. Australian researchers recently concluded mouthwashes containing alcohol may contribute to oral cancer.

Tobacco use is the biggest risk factor for oral cancer, according to the Canadian Cancer Society. Considered with excessive drinking, it's even more dangerous—a heavy smoker and drinker is 30 to 40 times more likely to develop cancer. Except, "there's a small group [who] don't seem to have any risk factors," says Michael John McCullough, an associate professor at the Melbourne Dental School and one of the experts behind the report. "I noticed some were saying they'd used alcohol-containing mouthwashes over a long period of time."

In the article, published in the *Australian Dental Journal* in December, McCullough and co-author Connie Finch conclude there is no "definitive evidence" to suggest these mouthwashes are a contributing factor. Not only does alcohol seem to erode the mouth's ability to resist oral cancer-causing agents, McCullough says, "you don't breakdown alcohol to acetolaldehyde, a known human carcinogen." While alcohol is mostly salts isolated in the漱液, they argue the breakdown process actually begins in the oral cavity. "Excessive mouthwash use, over a long period of time, will increase the amount of acetolaldehyde in the mouth," McCullough says.

His hypothesis is nothing new: experts have raised the possibility these mouthwashes could be a cancer risk for over two decades. A 2007 study in the *American Journal of Epidemiology*, for instance, concluded that daily mouthwash use was a risk factor for head and neck cancer, independent of tobacco or alcohol consumption. McCullough doesn't dis-



The real villain in the oral cancer story is alcohol, from beverages

study (his paper). A 2009 study of patients in Brazil linked its daily use to oral cancer.

Mixed in the blue and green bottles are more than 100 brands that contain mouthwash alcohol, for example, while Listerine Freshburst—the company's most popular mouthwash—is 22 per cent. Alcohol is included as a solvent for active ingredients and flavours, preservative, and fragrance, says Medina Rana of Procter & Gamble Canada. (Some, like Crest Pro-Health Rinse, do not contain alcohol.)

McCullough's paper has been, to put it mildly, controversial. Soon after it was published, Lauren Walsh, a professor of dental science at the University of Queensland, fired back in a letter to the *ADJ*: "There is no doubt that the oral villain in the oral cancer story is a combination of beverages." Alcohol drink creates "prolonged and repeated exposure," while mouthwash is a "relief cocktail" that lasts for seconds only, he writes. Walsh also found several flaws in the study: McCullough cites in his review, ranging from "methodological questionable" to "biased data

striking its safety," and notes that it's been used "by over one billion people for more than 100 years" (then the Australian Dental Association, publisher of the *ADJ*, quickly disengaged itself from McCullough's paper, and continues to give its Seal of Approval [which promotes oral health products to consumers] to several mouthwashes that contain alcohol). The Canadian and American Dental Associations are the same. The CDA's committee on dental and scientific affairs will take a closer look at the Australian review at a future meeting, says Sonia Sivan, the CDA's manager of dental programs. For now, though, "if people are using an alcohol-based mouthwash, there's no reason to stop."

Oral cancer researcher Dr. Martin Cetron is chairman of the department of otolaryngology at the Ottawa General Hospital. "I think it would be reasonable to avoid alcohol-containing mouthwashes, especially if you smoke," he says. But Sivan cautions that oral beverages—mouth-rinse, breath, gargle, spit—*is* perfectly safe. "I have Listerine at home, and I use it."

WHY YOUR BABY WANTS A LOAD OF DIRT

Spring is coming and for babies that means eating dirt. While researchers remain in hock to junior sucking on tapeworms, scientists say it's a natural inclination—and even healthy. Microbiologist Mary Bjorkman says that a child putting things in its mouth enables the immune system to sort through what's healthy and what can be ignored. Another researcher says that ingesting raw, uncooked foods is akin to programming a brand-new computer.

TONICS

PHOTOGRAPH BY JEFF TAYLOR

IN PRAISE OF OLDER MOTHERS

How a 60-year-old new mother is part of a positive trend

BY NICHOLAS KOHLER • Though he's unashamedly patriotic, Tony Hayter is fed up. Last week, two days after his 60-year-old wife, Ruth, became the oldest woman in Canada ever to give birth, he and their newborn son, the newspaper started calling him "incredibly old." And Tony, genuinely perturbed by the comment, has had enough. "It's a personal decision," he says. "Nor is it his son's for children a product of her age but background, a media comment Tony particularly dislikes. "It's not specifically a cultural thing," laments "They're independent, they're going to take care of the children and that's it—it's just a normal family. It just happens to be, they're 60. That's all."

Ruth and her boys, Morgan and Gage, are terminally hospital-bound but fighting the long odds of a high-priority life but bad. Jags, also 60, is seven years old, long in tooth or not. Reportedly a much-hired worker, he served for years as the butler who, when he refused the treatment in Canada because of his age, could undergo *in vitro* fertilization in their native India. Last year she became pregnant with triplets. Now back in Calgary, she ran into complications. Doctors recommended an embryo, then delivered the twins seven weeks early due to severe bleeding.

But with the immediate health concerns of mother and son now apparently resolved, whether the Hayter family is? It's a far cry from Ruth's legalistic, Calgary obstetrician Colin Barth, left compelled to discuss publicly last week. "I couldn't imagine if I was 60 having two five-year-olds running around," he told the *CBC*. "The energy to do that is incredible."

It's one among many among many who older men have long fathered children (Charlie Chaplin at 75, Anthony Quinn at 81, to name Hollywood lone), and grandmothers have parented children for millennia (the Prophet Muhammad, Sir Isaac Newton and Barack Obama, to name three). Now that technology permits older women to bear

above," says Diane Fuller-Thomson, a professor of social work at U of T. "Which is good for the children, if not always for those doing the work, studies show that U.S. grandparents raising children often strain more depressive symptoms, become isolated and were less satisfied with their lives than grandparents who weren't." It's really his in all," says Fuller-Thomson. "Health insurance issues [are] severely great on the grand-parents." But neither is old age for men.

Already, there are plenty of parents the Hayter's age. A 2005 Statistics Canada study found that over 25,000 children under the age of 14 were being raised by grandparents. At 65, 100,000 more parenthood now, most of them grandparents and other older relatives, are now raising kids, says Jerry Camarata, the founder of Campground, a support group for such caregivers. The phenomenon is growing—up 20 per cent between 1991 and 2001, and is often attributed to poverty. Indeed, many children in the care of grandparents have been removed from their parents' homes due to drugs and alcohol, making such issues as fetal alcohol syndrome a serious challenge.

The Hayters prudently face none of these difficulties. But it's worth noting that research suggests even older children who are going to be raised by grandparents cleverly—diligently—letter their jobs placed with younger non-relatives. "In general the outcomes are considerably good, considering how many issues these children have in their lives," says Fuller-Thomson, who points out the children are more likely to "feel loved" and benefit from the stability of family. Grandparents can even surpass parents, doing more with less. Fuller-Thomson cites an 1993 U.S. study that found non-relatives raised by grandparents had better health and behavioral outcomes to those living with both biological parents, even though grandparents are often more financially strapped.

And who's to say Ruth and Jags will share their parents' fate? "I use these grandparents out there playing road hockey with their kids," says Fuller-Thomson. "These are unbelievably impressive women. My guess is that somebody who takes on that responsibility at 60 is going to do it with their eyes open."

And yet not everyone's convinced. "God, is she crazy?" says Campground founder Gerrelle, who has been raising her grandfather for over a decade. "This is a club I didn't sign up for. I'm 60 years old and I'm raising a 10-year-old. I'm hormonal and she's hormonal. It's not pretty. That woman is going to be 75 when she gets her menstrual cramps. When she's losing her driver's license, that isn't going to be going for her."

SOMEBODY WHO TAKES THIS ON AT 60 IS GOING INTO IT WITH THEIR EYES OPEN'

And a growing body of research examining the outcomes for children raised by older parents and grandparents suggests Maxine and Gerrelle have many factors. Older parents are more stable, better off financially and can draw upon more deeply rooted social networks than their younger counterparts. Older fathers are more interesting, older mothers are better at interacting with children, and both seem likely going anywhere. "The type of person who agrees to take this during understanding tends to be more resourceful, committed, mature—all of the

A BILLIONAIRE, THE LAW, HIS BRAZILIAN EX

The stormy breakup that may redefine marriage in Canada
BY MARTIN PATRICK

She met the Quebec billionaire in early 1992, when he wasn't even a million mire, just a wild-eyed gauntlet with a dousing bloodlust, courting infidelity in the sand. She was in her 20s, running on a JetBlue beach near her home when the stranger approached and asked her name. Though she didn't have a clue what he was saying—she spoke Portuguese and he could just mutter a few words in Spanish—it was evident enough that this shirtless stranger was enthralled with her. He hung around, and though she didn't like him at first, she was charmed by his persistence. Plus, he was handsome. One night when they went out, she was ushered into a club because of her age. Other men might have been angry, this one made a funny face, dropped his pants and mouthed the bawdier, "You were always amazing, I'm laughing," she told Maclean's recently, reminiscing about the long ago firy night that turned inextricably in the years since. "For God's sake other people thought of doing bad things but he didn't have the guts."

At one point, his friend, the son of a minister in the government, came along. There in Portugal, he need convincing her parents this strange man from Quebec was worthy of his daughter's affection. She was 17, he was 32. Her father didn't approve, but the man who was courting her told her not to worry. "I'll take care of you," he told her, according to her testimony.

She began the 10-year relationship between the billionaire, a pillar of Quebec's business community, and the minister by 21 years his junior. It was a tumultuous affair that proved to be thorny, but also adolese, numerous affairs, multiple cases of profuse drug use. Ultimately it has ended up in Quebec Superior Court as a contentious trial that long to Quebec's laws governing unmarred

A RICHER EX? Léonard Blaikie (left) has given \$1.2 million to help Léola (right) start her family

couple. Should she win her case, "Léola" as she's been dubbed by the local press, could walk away with \$10 million and a \$16,000 monthly allowance. She will also have changed the meaning of marriage in this country, ensuring that unmarred couples in Canada have the same rights and obligations to one another as married ones.

A publication has prohibits naming the couple, but their names are an open secret in Quebec. The slanty after the billionaire, referred to as "Eric," has been written up in print and on radio, and discussed endlessly on several laternatives. A reporter from a nationally syndicated news program called "60 Minutes" has interviewed the man's well-known company as live television. "Lola," meanwhile, has endorsed a pugnacious family lawyer named Anne-France Goldwater to compel the millionaire from his offices. During the trial, Goldwater gave frequent interviews, during one on the radio, she suggested Quebec law reduces women to "cows" when it comes to marriage to their words.

The trial, and ensuing media scrutiny, has devolved into a "disgusting circus," complained Pierre Bélanger, one of the billionnaire's five lawyers, to the judge during the proceedings. If this much is true, then the answer behind the shave is Haroun Blackan, an art collector, philanthropist and businessman specifically known as "Béla" (Strap Béla) (he made his millions with a metal recycling business). A former acquaintance of Eric's—their two closest supporters, Eric, then as Béla's henchman on occasion—Black has taken up Lola's cause, to the tune of \$1.2 million for Andrian's because he dated Lola for two years, either. "Even if she got nothing and they changed the law, I would consider it a major victory for every lady in Quebec," Black says. "Our law is obsolete and it has to be changed."

In the picture shown in court the tall gauntly 6'6" and lousy 170 lbs, 17 years old but looking every year. Eric was at an enthralled and wimpy, she dressed provocatively and, he thought, pursued a lot.

"I knew she was young, and I wanted to act as her guide," he said in his testimony. "I wanted to make a mark." In the spring of 1990 he invited her to Montreal, all expenses paid, to see, "else." "I'd see her performance on Brazilian television. It was the most amazing and magnificent thing I'd ever seen," she related the other. "She was 17 at the time and her parents' permission release. They agreed to sign her passport, but not the authorization to leave the country. A sympathetic police officer, who took pity on her after hearing her story, signed that paper."

The father wasn't happy. "I have the children to feed and housekeep, but I thought about

all these nice things you love to much," she recalled him saying. "Tell your father to go see a doctor." Eric said later, according to her testimony. Frenchman pointed, he picked up where his father left off, paying for everything—heat, electricity, groceries around the world. Over the next two years, "Lola," the self-styled "single-life housewife," "travel," was not just Montreal, but Los Angeles, Japan, France and Japan. They celebrated her 18th birthday in Tahiti. She still lived with her parents, but she left Brazil 12 times during this period, barely finishing high school because of all the travel. She wanted to study architecture, "you could come to Canada to study," Eric told her. "You could

BE MELT MELT on a beach and showed her a life of parties, jet-setting, fabulous wealth

That summer, Eric returned from one of his business trips and suggested they "take a break to reflect on the relationship." He was going to Sri Lanka, a Spanish. Unknown to him, she followed, convinced he was on his \$12 million sabbath with another woman. Two hundred weeks of nonstop travel, shelter fit Berlin, where she knew he was attending a party. Her testimony confirms that she tracked down his hotel and knocked on his door. "I want to see if you are really alone, reflecting on our relationship," she said. He wouldn't let her in, but through the slot, she could see mistakes, not his mistakes. When he let her in, there was a beautiful woman with him, a black model she thought she'd spotted. She wanted to attack her, he held her back. As the model left, Lola, in hysterics, stood by the window. "I'm going home," she said and it will be a scandal for you," she said. "Don't do that," she scolded him saying, "I'm stupid. That's not how life works. Life goes on."

When he got home, he and her mom of the dream. He wanted her to go back to Brazil. She refused. "You changed my life, and now you want to send me back home." Lola said. Finally, she gave up. "You can stay in my apartment," he said. "When I'm home I don't want to sleep in the same room as you." But things were confusing—they'd fight, then sleep together. Lola testified that she briefly found solace in the arms of an ex-football player who worked at one of the clubs Eric owned, and that they were together long enough for her to get pregnant. She called Eric to tell him this. "Maybe it's you with the adultery problem," she said.

She considered an abortion but couldn't go through with it. She made a suicide attempt and her mom, the one she had the abortion, told Eric afterwards, when he found her in his bed, recovering. She has his eye for the first time ever. "I'm sorry about what

most of her life, but she tried drugs a few times. Cocaine wasn't the end of the world, she figured. It helped her sleep again.

Not long after, their troubles began. Eric's work caused him to travel a lot, and she would travel along despite negligible modeling career and the language courses she was taking at McGill University. Eric wanted to have kids, but he didn't know if he'd get married. And there were the drugs, she admitted. In her testimony Lola and the pair had to because pregnant, despite not using contraceptives. He was also erratic, one day day and terrible the next. Lola blamed drugs—was primarily cocaine, she testified in court—for both problems. (In his testimony, Eric said he'd "never overdone in his life.") She would call him hysterical at 4 A.M. and girls would never

That summer, Eric returned from one of his business trips and suggested they "take a break to reflect on the relationship." He was going to Sri Lanka, a Spanish. Unknown to him, she followed, convinced he was on his \$12 million sabbath with another woman. Two hundred weeks of nonstop travel, shelter fit Berlin, where she knew he was attending a party. Her testimony confirms that she tracked down his hotel and knocked on his door. "I want to see if you are really alone, reflecting on our relationship," she said. He wouldn't let her in, but through the slot, she could see mistakes, not his mistakes. When he let her in, there was a beautiful woman with him, a black model she thought she'd spotted. She wanted to attack her, he held her back. As the model left, Lola, in hysterics, stood by the window. "I'm going home," she said and it will be a scandal for you," she said. "Don't do that," she scolded him saying, "I'm stupid. That's not how life works. Life goes on."

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She was 17; he was 32. He told her not to worry, she says. 'I'll take care of you.'

PHOTOGRAPH BY JEFFREY M. COHEN FOR TIME

happened," he said, lying in her arms. "I didn't want things to happen like that."

Things didn't get better. Lola recalls, as they moved from a penthouse in Old Montreal that's five hours today to a wretched walking distance from the courthouse where she thought he would be condemned. Lise's wife, a nice place, all wood beams and exposed brick, but temporary. This spring she is trying to move into a \$2-million house in Outremont—as it happens, a short train from Lise's梧桐 real estate. Shortly after that, she moved to Brazil, but not far in the Bohemian New Year's. She'd decided to move to London to pursue her modelling career. "I was very happy living alone. I was working a lot, certain agents said I could compete against Naomi Campbell," she says. But he begged her to come to Montreal for Valentine's Day. He was very good at convincing. Their first child was conceived on Feb. 14, 1996, a beautiful baby girl, born that fall.

For a while, he was too embarrassed to marry her. "I wanted to prove my business and there were professional reasons why I didn't want to get married," he would say later in court. "I respect people who get married, but it's not my cup of tea." Instead, he focused on getting his money moving into his new house, a portfolio spread on the outskirts of Montreal. He was a good father, though he travelled a lot and the relationship was vulnerable at best. "I think it would be better if we separated," he said to her in the spring of 1998. They went into mediation, where she says the mediator generally forced her to sign a paper denouncing their separation. She was so confused, she signed. Separation? She had thought it was mediation to help them stay together. Then, a wharf-and-warehouse fit of five months, she became pregnant, she was separated, her father died, and she became pregnant again.

Encamped resolution, but never even the same container when their son was born. She says he was pampering, he says it was basic. At any rate, Lola began to grow weary. She and the boys, and didn't they say they should split up. He convinced her to at least try, and the year and a half that was 1999. "Why don't we wait to see if the world ends?" he joked. "If it continues, as should we?"

She joined him for his New Year's party. "What can I do to make you happy?" he asked when he saw her mood. "You could start by marrying me, and then we'll be happy," she replied. Lola says he retorted: "It's your paper is so important to you that, step, step, it is." As he explained it in testimony, he wrapped a piece of plastic around her finger as an engagement ring and, just before the stroke of

midnight, said he was going to marry Lola. Their marriage would be a legal one on April Fool's Day. "I'll believe it when I see it," Eric's mother, Lise, remembers. Eric was two out of the six kids, like his mother, he avoided the honorifics on file. "I probably should have thought twice about joking about that," Eric later said in court.

In any case, there was no marriage, only a third child, born in Brazil, where Lola wanted to be. Last year she came back to the U.S. and he wanted to break off the relationship for good. Phoenix had suffered onset of her fifth stroke, a woman on his left, a career in New York City. "I shiedly hid, other realms in my life," Eric said in his testimony. Things spun out for a few more months until Lola moved out in February 2002. They have been in and out of court ever since.

Lola is tall and slender, her hair as dark as the day she married him, but without the abundance of curl. With her mouth full of braces, she doesn't look any where near her 40s. Her lifestyle, she relates, is somewhat absurd. In the summer of 2002, she was rocking around in her ex-boyfriend Herbert Black's Porsche GT, a half-million-dollar escape, when the cops pulled her over. If only to check over the set of wheels. There are only a handful of these in Quebec, one said. The only one he knew of belonged to a certain billionaire. "It's my car," she replied.

She's hardly a typical woman in any regard. She has a stock of paranoid conspiracy theory DVDs, which she watches voraciously. She tells stories about Eric wanting to replace their children with surrogates, to case they were kidnapped. She was confused about the trapping of wealth, at once referring to "candy millionaire life" she had with Eric, while defending her portfolio of \$20 million. "I deserve it," the wife without an ounce of irony. "It's nice to be comfortable in life," she says, her smile strong. Until 2006, when the cause compelled him to do otherwise, he was going for \$121,000 a year in child support. (In contrast, he spends an estimated \$3.5 million a year on maintenance of his wealth, according to a broker



She says the marriage proposal was real; he says it was just a joke



ANNE-FRANCE GODARD is challenging the definition of marriage. (RONALD BLACK)

with knowledge of the matter.) But when Lola speaks about her case, it's with an almost altruistic tone. In fact, she sounds a bit like Herbert Black, the ex-boyfriend who has faced his legal bilboquet in the name of fiscal "Money's nice," she says, "but I would be more happy to change the law for other women."

In fact, money aside, Lola and Eric's relationship was actually quite nominal in the province where they live. Quebecers in general have a paradoxical view of marriage, per-

haps because of its religious and ecclesiastic (Until 1969, a marriage could only be officiated by a priest.) The percentage of married couples is more than twice that in the rest of Canada. Oddly enough, it's also in Quebec that unmarried couples have the fewest rights and responsibilities when relationships end.

Quebec has a two-headed policy: handles protection for married couples and complicates attorney for unmarried couples, with no legal duties or obligations," says Robert Lévesque, a family law professor at McGill University. "Unmarried couples in Quebec care much about nothing as a result of their relationship. In other provinces, you live together for a stated period and there's a duty to support your partner, as there is in married people. In Quebec, an unmarried couple could be together for 40 years, but the law still treats them as two strangers who happen to share a home."

The real result can be messy. "Some people say divorce is actually a virtue of marriage, because it is a mechanism to deal with the dissolution of a relationship," Lévesque says. In Quebec, unmarried couples are meant to negotiate a contract—that own "marriage contract"—which benefits of a reason, but for terribly done. According to study by Quebec's ministry of justice, fewer than 21 per cent make legal arrangements in the event of a breakup. Those letters weren't for her kids, Lola wouldn't be the last to admit a share of the wealth Eric raised during their time together.

"I think that the phenomenon [of unmarried couples] is an expression of different values between Quebecers and the rest of Canada," says Jennifer Bernier, Lola's lawyer. "You can start a much-needed debate by saying something happens differently in other provinces." Bernier spoke to Maclean's about the courthouse on the peripatetic day of the trial. During the conversation, he chanced Lola's photo for pictures for the newspaper assembled outside. He chose, he says, to have something to replace existing laws, in fact, to bring so steadily against the idea of marriage, how hardly different from most Quebecers. (Eric has since moved in with another woman, with whom he has two children. He has made his residence to marry clear to his current girlfriend, he says, and just as he did with Lola.)

Her last remark about women being like



ARmenia: A LOTTERY TO HELP THE TAXMAN

Since the practice of shopkeepers not remitting sales tax, the government has launched an ingenious remedy: they issue sales tax will carry a unique number. During monthly lottery draw, the government will draw lucky lottery numbers and award cash prizes between \$20 and \$30,000 a cash. A government spokesman expects the draw will have Armenian clapping for sales receipts, forcing merchants to hand in their sales.

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TESTING THE LIMITS

Behind the scenes at the test run for the 2010 Vancouver Olympics

BY KEN MACQUEEN, JONATHON GATEHOUSE AND NANCY MACDONALD • PHOTOGRAPHS BY RICK COLLINS

Like night and day," says 25-year-old Canadian mogul queen Jeannine Heel of the change in atmosphere, support—and expectation—since she joined the national freestyle team in 2001. Heel ranked her last run at Cypress Mountain in B.C. on the Saturday night of a golden weekend, finishing two giddy pumps and flinging down the final stretch of moguls so smoothly you could have balanced a glass of water on her helmet. Or made that champagne. Heel and her freestyle compatriots earned Canada new total domination of a World Cup weekend on the West Vancouver mountainside, scoring eight podium finishes in moguls, high-flying air and mid-air "soaker" slalom, which makes post-Olympic debut just six years on this very hill. It was that contribution to the whiz-bang weekend in the history of Canadian winter sports—90 official and unofficial medals at

international events staged in B.C., Alberta, France and Norway.

The testing, last days shy of a year from the Feb. 12 opening ceremonies of the Vancouver 2010 Winter Olympics, couldn't have been better timed. The range of activities, including an alpine race, laser-armed events staged by the Vancouver Olympic organizing committee (VANOC) on Cypress, the figure skating arena in Vancouver and the riding centre in Whistler, is welcome good news. It comes as the Olympic host city and province tremble in awe of the project of raising costs, a global economic downturn, the city's re-financing of the troubled athletes' village, and ongoing fears of a Montreal-style post-Olympic debt.

The success at home made a spectacular weekend all the more, but they were hardly a cause of hub. The real story is told behind

the scenes. And rather like Heel's Saturday night clothes, it only looks easy because you don't see the day-to-day work, the meticulous planning and mirror escapes from disaster that come before it. The "test event" in and around Vancouver this year are the shot-callers: organizers will call on a dry practice opportunity to train thousands of volunteers, and fine tune everything from the field of play to the Canadian media.

Stage the freestyle event on Cypress, a bony old hill at the height of its season, is a concern in itself. The planning began more than two years ago as Tom Goyda, VANOC vice-president for sports, tried to find where where the independently run international Freestyle and snowboard team could compete. (The boardroom this weekend: If the back-to-back events provide VANOC and the athletes with a sample of the conditions they might face, it was more of a headache for Cypress staff—a fact they made abundantly clear.

Despite having secured \$15.6 million out of VANOC for Olympic infrastructure, the independently operated hill's welcome for the events seemed grudging. Clashing signs

were posted at the day lodge reading "No access for athletes." Charley, given the柄 of responsibility for the top slopes from 120 contractors provided. And the resort allowed just 300 ticketed spectators, forcing others to stand solo on a lift pass if they wanted entry. Peter Judge, CEO of the Canadian Freestyle Association, blamed the operators, calling the setup "one of the most difficult situations I've ever witnessed in my 30 years of competing and coaching sport." Goyda was far more diplomatic. "We're trying to respect the mountain as little as possible," he says. That was no mean feat. It took almost 600 people (136 staff, 552 volunteers, 72 contractors) to build the courses, set up equipment, fencing and trees in as short a time as possible, and operate the event. "We're pushing our crews quite far, but that's a good thing to learn."

One part of the freestyle challenge did involve hauling great weights up a mountain. There was a serious of crop moment when VANOC took delivery of the massive generators needed to heat tents, and power com-



AT PODIUM, 136 staff, 552 volunteers and 72 contractors to build the freestyle course

ers and timing equipment. They had no idea what it weighed at 13,000 kg apiece. In the end, they strapped them to the front of VANOC's gator, caterpillar-tracked snow cat. After a slow crawl up the mountain there was no way they could be unloaded. The generators were left strung on the crooked, wild-use blade cat runs. "Just by that, we lost our full capacity to move staff around," says Goyda. The challenge after this weekend's events is plowing out the sparsely built runs. "You can't leave those massive courses out there for the slalom guides," says Goyda, who tried



SELEDS ARE NOW IN FIGHTER-JET TURF, PULLING OVER 5 GS

sheila crisscross, with its massive jumps and steep, buried turns, it's no place for the uninsured.

Mother's Wheeler's Olympic Sliding Centre. By the end of four days of World Cup events, the 1,400-m long track had proven itself the fastest sled run on earth. A dozen competitors in the four-day competition beat the previously unassailable 198 km/h barrier. Entering the 16th and final run, the sled was in fight for glory, pulling more than five Gs. "We never said that fast," says Maya Pedersen, the 16-year-old who won women's skeleton gold for Switzerland at the 2006 Games. "It's a very difficult track. You have to work, work, work."

With extreme speed, however, comes extreme danger. A pitcher of experts dug in during the track managers' annual meeting to smooth out the new Fiechey's "inseis"—the almost impossible bumps and dips that can throw a sled off course as it careers through the corners. It was pure trial-and-error. Every amendment of the track as shaped by hand, built up through repeated water maitnaince, then scraped and smoothed by crews using hand-milled sharp blades. It's an art, explains former Canadian skeleton Bob Steiner, now the president of the International Bobsleigh and Skeleton Federation. "Athletes from Europe were brought in to teach the VANOC team the sport-specific metrics."

"A guy may be able to publicize getting air perfectly, or make the best bobsled in the world, but that's not an idea how to do this," says Steiner. Whistler's ever-changing weather and ice-harsh air, also present their own unique challenges. The result is just what

the federation wanted, but not challenging, with the risks still manageable (no sled came for Steiner, who won in a 1986 crash at Lake Placid that took the life of testator Sergio Zardini). "You can make a small mistake and go through, but makes big mistakes and you'll pay for it," he says.

© Whistler has something of a monopoly on the 2010 Games' most dangerous sports. Along with sliding, the resort town will offer snow-jumping and the alpine races. As a result, there will always be an ambulance on standby at Whistler's village. Joan Maguire, manager of medical services for the Whistler events, has been running the test events to prepare herself for the demands of the Olympics. On the mountain, where organizers worry about shifting weather wreaking havoc with runs, the pressure is on to quickly assess stability and evacuate the injured—cheerfully, though, in within 12 to 16 minutes of the spill. At the sliding centre, there is a library of one, but no two. For while, Maguire's team have been working with an old school, figuring out how to safely remove injured athletes inside the track's icy, phone-booth-like maw. The first will be capturing the fallers. When a sled crashes on Whistler's steep pitch, it continues all the way to the bottom, where a sharp man-made curve to slow the sliders—often sends it back up the track. The vetans now has four bobsled runs with the only looks out from the tracks, with grab bars along the sleds. So far, everyone's luck has held, says Maguire—bumps, lenses and shins, but nothing really serious. "These people are incredibly resilient," she says.

But the upside is that the modern Olympics is in much about what happens off the field of play as on it. Most competition sites will have two main to maximize the crowds. And every year has its own designated ambassador—Dj "Vejil the hot" worked the sliding centre's post-workout. Inside the sliding centre's cramped control tower, Charlotte

Nicoley, VANOC's executive producer of sport production, was also her team's "guru"—track announcers, sound, graphics and video gurus who make the circuit of major sporting events—minimize atmosphere. The supremely laid-back Caulfield has won two Olympic berths, but it's his MTV and X-Games expertise that shapes the show. The commentary is rapid fire, the music loud, and a former Machiavellian '93 is on hand to interview costumed spectators for the big screen.

A key innovation for Vancouver 2010 will be website allowing athletes to specify what tunes they'd like to hear while competing. (An example: Canadian bobsled pilot Helen

EVERY VENUE WILL HAVE A DJ SPINNING TUNES



Upperton's sister run to Tell Out Key, Coldplay, and Kanye West.) Nicoley is also in charge of the medal ceremonies, and will soon put her costing cell for those. They won't have to be identically mint, as Vancouver is being, not roughly the same bright, she says. And in keeping with Canadianness, appropriately multicultural. (In the production side at least, it's one of the few details that seems to be ironed out: "We're really prepared," says Nicoley, who has been on the job since October 2007.) Of course, after Athlone, where they were still pouring concrete the week before the opening ceremony, everything is relative.

It's not to say that a year out there aren't still some hiccups in the road. At the Pacific Coliseum, home to both figure skating and short track speed skating, they're still trying to figure out how to work the new ice surface互换互换. Last weekend, the short-track crew ran down VANOC's \$170,000 battery-powered—yes, zero emission—Olympic ice slabs, and it wasn't pretty, says "ice master" Koenraad Roland (Driving a grime machine



at "like driving a race car," explains Roland, a veteran of the Calgary Olympic Oval, which has two parallel "tight loops" and "one curve." "It's not juggling two wildly different environments like a single rink." Roland is facing a far more daunting task. For figure skating, he'll have to make the building warmer and the ice softer and slower, as well as repair the deep cuts left by the speed skaters—a never-injury hazard. He also has to saw down short track's thick safety goals and erect a judge's platform, so he'll have to ride 80 times over the course of the two-week competition—sometimes within a heart-stopping three-hour window, that's Vancouver's high brandy that's keeping Roland up at night. "It's cold and wet outside"—a likely condition in Vancouver in February—"we have to pre-dry the rink," before each batch can even begin. Still, he figures new dehumidifiers and 300 tons of compressors—all part of the \$16-million upgrade to East Vancouver's 40-year-old Coliseum—are up to the task.

But it's told, however, that Canada isn't crazy about the venue, whose east side and sports a giant stink from the Cascades '94 playoff run. "There's been a bit of a reentry for figure skating," says CEO William Thivierge. "It was spectacular." That's an old hockey lingo. There's where it could be passed, others where it could be—punctuated up a little," he says.

In an effort as large as the Olympics, a certain amount of chaos is inevitable. The true measure of VANOC's success will be in how it deals with the situation once it overcomes it. "It's hundreds of little things," says Tim Gysels. The matrix is flexible this time, executive vice-president of sport and

GETTING HIGH TO PLAY CRICKET MATCH

Richard Kilty is the man to host the highest match ever attempted by organizing the "highest test" for this April. Kilty and two teams of 22 mountaineers and 20 researchers, medics, organizers and even spectators will climb to the 5,355-metre plateau on Mt. Everest. Kilty got the idea from an earlier ascent of the world's highest peak when he realized the plateau overlooked London's The Oval cricket ground.

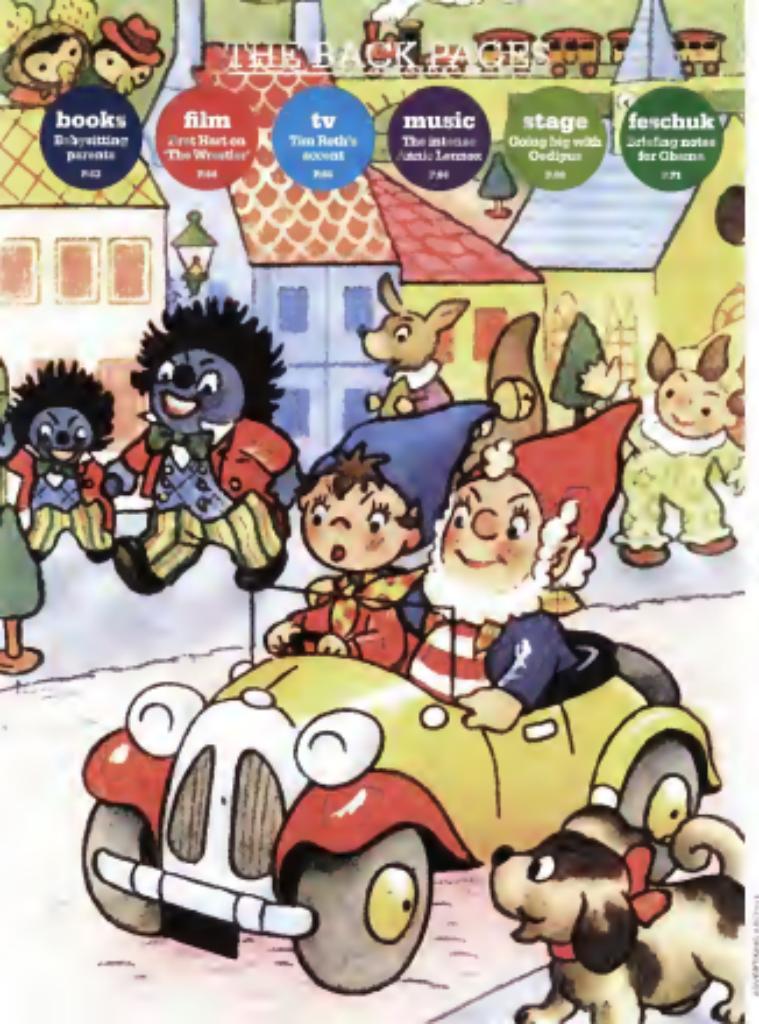


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Good golly, Noddy's back!

Controversial kids' author Enid Blyton is in the news again for a new book starring her famous wooden toy BY SARMISHTA SURRAMANIAN

books

British librarians must have been throwing hat racks when news of a nationwide poll of 1,000 people who were most annoyed in the press. In top place, beating out Shakespeare, Austin and Dickens, was a 21st-century author they'd all but forgotten: Enid Blyton. The author of an astonishing 700-odd books—which still translate to eight million copies a year in sales—Blyton probably the most popular author you've never heard of. Her name may mean little to North American readers, but in France, in Germany, in countries like Peru, in Australia, Portugal, Singapore and India, Blyton, who wrote madly in the 1940s, '50s, and '60s, remains not merely the beloved author of such series as Noddy, The Famous Five, The Magic Faraway Tree, and Malory Towers, but a ray of sunshine, an icon conjuring the magic of childhood.

In the U.K., she's a lightning rod for controversy, and after the poll results were announced, that was exactly Anthony Horowitz, writer of the TV drama *Agatha Christie's Poirot*, who was in the Daily Telegraph that Blyton was “being asked to go out in front of a crowd.” The children's author Philip Pullman compared her stories to “miserably insipid” *blue* *hats* with his friend Big Noddy (red hat), and the gallows in *Typhoid*

covered *mice*! They’re only Blyton’s most notorious critics. The aforementioned librarians saved her as a back-and-upfront who kept kids from serious reading. Programmes for her books banned from libraries on charges of sexism, sexism, sexism—classism, sexism, sexism. And she did! a mad dash to the top of the charts with the other side either. The conservative *Evening Standard* journalist Celia Welch famously eulogized Noddy, a little wooden fellow who lived with his friend Big Ears in *Typhoid*, as an “unashamedly priggish, unashamedly wooden, unashamedly spritely, unashamedly sensible, unashamedly skillful.”

Blyton died in 1968, but the debates over her work survive, and may soon be reignited: that willies, split-level celebribes like his 50th anniversary *Agatha Christie's Poirot* (A new Noddy book is out in November, his first since 1975—“Noddy’s Birthday Surprise,” written by Sophie Masson) and the 50th-anniversary *Enid Blyton* (Blyton’s grand daughter, and illustrated by Robbie Tindall, who worked on the original series in the 1970s). Other

festivities are under way: a massive exhibition of Noddy art in London late last year, a stage show, and a new *Enid Blyton* story centre in Dorset, set up by Vivienne Endicott, a member of the famous *Bad Blyton Society*. The Noddy books are headed next to China, where it’s hoped they’ll win over some 95 million kids. And tapping into the Noddy mania, the actress Sinead Michael and her fashion designer wife, Siobhan, who won the label *Tiny Dancer*, are reviving Noddy-themed styles at London Fashion Week this month. *Swashbuckler* in the *Tales of London* and *Big Ears*’s “kick-ass pirate” and “creepily dressed” versions with the green stripe.

All of which ought to push along a Noddy armchair already in full swing. The past year has seen the launch of *Decencyland*, *Just say Go*, *Go the Coke*, and spin-off books: *The Famous Five’s Survival Guide*, *The Enchanted World*. In May, its publisher, Choros, is releasing new versions of the *Wishing Chair* and *Malory Towers* series—part of an ambitious plan to expand the Blyton brand, already worth a reported \$13 million a year in sales. “A lot of children don’t know Enid Blyton isn’t a living author,” explains Jeff Norr, exec VP of brand development. “And frankly, they don’t care. She’s the author of the books they love.”

The charm of Blyton is in some simple things and really elusive. In a sense, she was the original Rowling—an easy recyclable classic that, with time, naturally finds its way into a child’s eye view of the world. Adults easily interview her in bars. Classroom settings give kids time away from the grown-up world. Children are always raising off-solving mysteries on their own. *The Famous Five* tales encompass the sweet loves of possums, gnomes, fairies and strange,umpy creatures like the *Perilous Grotto*, and the like are a matrix of wonderment and delight, rage for older kids.

On the other hand, Blyton lacks the artlessness of an A.A. Milne or the whimsy of a Beatrix Potter. Her writing is not literary, or particularly clever. Her characters are broad types, rather than developed, rounded figures. And Blyton never says anything but a witty, sharp David Badd, a professor at the University of Bolton and author of the compelling *Enid Blyton and the Mystery of Chalford Lawrence*, the started around with real mysteries in the *Horrid Goose* novel. “If you look at



the Maha characters," he says, "they represent one quirky-Noddy always being saved, that always becomes a reason about his history." Rather than being "Disney's archetypes"—such as Taro, temboys, George—such as the books' characters, it's like fairy tales—there are just the bare outlines, and people imagined their own backstories and filled 'em in. In Paris, where Noddy is *Le Petit*—a French you-can-say-what-ever—and the characters are from-purposed literary, look think the stories are French-German, they think they're German.

The real difference may be that while Harry Potter—or indeed much successful entertainment preferred for children in recent decades, from Warner Brothers cartoons to *Poor Master*, *Shrek* doesn't grow up. *Shrek* follows the prevailing model: one layer of meaning for kids, another for adults. Noddy is "made of wood," an infantish master tyroid says, "but he eats cakes and jellies and drinks ginger beer and does all sorts of things he shouldn't be able to do." But there isn't much more—no explanation of dreams logic or chaos as life, nothing in

the books. It's like fairy tales—there are just the bare outlines, and people imagined their own backstories and filled 'em in. In Paris, where Noddy is *Le Petit*—a French you-can-say-what-ever—and the characters are from-purposed literary, look think the stories are French-German, they think they're German.

The later *ee* in the title of "Noddy"—part of a header subtitling that includes controversial changes to equally controversial elements in Blyton's work (Blyton was writer of her time, and alongside characters like Mowgli and Tilly are polka-dot black dolls with spiky hair and exaggerated lips, now studded with horror as cartoonists in *La Land* (Bob) Sams) Artgooding, Mr. Gelly, agrees, was replaced by the vibrantly ambiguous Mr. Sparks. In one infrequent role, a gallows-and-Noddy is stuck here in the woods. The

"Swallows" was well in a Noddy work and it has been changed to "An's mowing."

Blyton's makeover has raised the ire of fans. "It's adults interfering," says Federico, who runs Blyton-themed trains and a shop, Giggly Pop, that definitely sells polka-dot black dolls. Mr. Gelly, however, gave Noddy his first job, and can: "If you take it in the spirit in which it's written, there is resilience." Blyton is being whitewashed down, she says—*The Jamón* TV show looks like *Stardust*-Goo.

But Blyton may not have disappeared entirely. Like every little one from Harry Potter to *Roald* *Woolfie*, she was adored because we kids, asking kids to write in about what they'd like to read, and often delivering it. "It was almost given on demand," says Charnie R. Nanton. One of the earliest niche marketers for kids, she wrote direct sales for each age group from three to 13—kids could truly grow up with Blyton—and in one of her bits of product placement brilliance, forged the later *Levi's* book in a *Smurfs* shiny ad. She then out Disneyed Disney, says Federico, but Noddy launched that merchandise狂ion of 1960s, pen-petaled, paper shows.

Actress Sienna Miller and her sister are unveiling Noddy fashion



ENDA BURTON AND DAUGHTER, 1949, from the Infomax story of the thriving polka-dot

isn't a "big" *Taylor*—"Other women have occasionally seen profanity in Blyton's universe," she says. A.N. Wilson exploded Blyton as a masterpiece for British history—Noddy, with his car-castellated life and "house for One," is a proto *Thatcherville*, and Big-Ears a classic anti-Taylorite. But there's a reason why she had such disdain about her work. She didn't write to *The New Yorker* that "F. Whiteman won't be a minstrelshow." Ms. Lewis Carroll Biographers have said she was like a child herself. She wasn't trying to talk to adults.

Children seem to learn something unique from Blyton. Todd says adult fans seem to lead that since adorers they read from the fantasy they never happened at the books, they'd make it clear. "To my mind that goes against the essence of what Blyton was doing," Todd says. "And why she worked so cross-cultural style. Although it's obviously set in a mythical world like England, it's so cerebral and

for the upcoming Noddy book, the chatty Instagram seeking a balance between childhood raw, Smallworld, whose grandmother died before she was born, has been reading the books in hopes of channelling Blyton. This is a writing contest for the primary school teacher. "But I am trying to write a brand-new Noddy book, I am trying to write something that's not about," she sighs. "It would be bad to have written something that was totally random and really mundane."

The results will certainly be terrible. "It's ink and watermarks, basically. No comparison involved," Noddy chuckles.

The 85-year-old author has had the distinction of working with two generations of Blyton's. He says he sees more in Noddy now than when he was drawing it, a young man in his twenties.

"I like the gobbins and what they represent, which is the challenge to establish order," he says. That's the catch-iff of "There's something about Noddy," he says, "which I don't try to analyse too much for fear of destroying it. When I was a child, I used to take toys to pieces and when I tried to put them together again these were always pieces left over. And that taught me a lesson: you just take things apart." The important about Blyton longer, why she endures, the way her books speak to us is to add up to more than the sum of their words. But in the end the stories are perhaps best appreciated, and loved, just as they are—as we once were. ■



FROM START—when Addie (above) wakes on a journey to demand an autopsy—to finish, the book's humor is underpinned by bittersweet

Laughing all the way to the end

Grand larceny, a mother's madcap final months and the bitter truth about aging

BY REBECCA MESTRER • You can read *Wellcome to the Depressive Lounge* (Deschler), Meg Federico's account of raising her half-Eskimo mother, Addie (and her mother's) beyond扶助 to new heights. Federico, during Addie's last 18 months, and tough all the way through in a share-a-bus for the grace of God way. From its opening, when Addie, 81 and incoherent on a 45-cent-a-gurney, wakes up long enough to yell, "I demand an *autopsy*," to 81-year-old Federico's incarceration with final orders aside, the book reads like a garrulous version of a 60s screwball comedy. Federico is a bouncy, colorful, and her story is still fully told, but in the end (no pun intended), it's an imaging center. Please me very far beneath the surface, however, and readable as always, that laugh, are some denouements that, one way or another, now of all will surely fade.

Consider Addie's final, as one of her more lucid moments, to deal with her husband's unpredictable lurches into violence to heal deeper inner demons: "You will be pleased and surprised, my mother is that she will have a stroke." That's funny, but also allows Federico to say not loud what many in her and her mother's position sometimes think, but always keep to themselves. "At this point in my life," the 51-year-old author says from her Hoboken home, "she's not a lot of thought suggested going on as my mind. The thought, 'Things will be better when she dies,' will come to you."

And it's a very far from Federico to raise the using notion of competence. In those 18 months there was no common-sense way in which Addie (she's old) nearly blind and memory-bitten by a stroke and Addie (also old, stricken with Alzheimers) could be

in the Florida hospital where Addie first landed—a nurse who lived with 11 children and two grandchildren in a three-bathroom apartment, an orderly working three jobs while her husband was in detox—each but the yearning, dead golf between caregivers and used-for. "Hospitals are full of the wounded and the damaged," she writes, "and plenty of them just work there." Addie's caregivers had no qualm about demanding more cash from people who literally let money fly out the window; they never seemed to Federico who was into jewelry worth of jewelry vanished.

But neither the financial hemorrhaging nor even losing her functioning job much disturbed Federico. "They told me, 'If you can't promise you'll always be taking off for New Jersey, we'll have to let you go,'" her real pain came from the constant guilt she felt over neglecting her old family. "My kids were teenagers during the time I and I just living down to today," she says. "And it was hard on my marriage. My husband didn't approve. I would have had an annulment even when I went to get it, I was on the phone five calls a day when the caregivers were fighting—it was no help to me."

Nor does Federico think her planning should have helped much: "You can make all the arrangements you want, but the facts on the ground will keep changing." There is something, though, that we all should do: "You kids, you spouse—anything you want to tell them, better tell it now."



FINALLY, A BOOK ABOUT...THE LARGEST CREATURE

A baby blue whale, which starts life at six inches in length, grows at the rate of 1.5 in. an hour for its first seven months. Don Borrelli's enchanting *Wild Blue* (Thomas Allo) is full of that sort of remarkable stuff, along with the reveal: fact that the early 20th-century whalers killed some 300,000 of every 1,000 of them—mammogram and all. "We'll just extend the leaden lead to ever live, and we still don't know if they're safe now."



WRESTLING WITH REALITY: A real-life champion takes issue with the Oscar-nominated films that focus on only on tragedy, not the art within.

The Hitman versus 'The Wrestler'

This former champion finds the Mickey Rourke movie disturbing and disrespectful

ST ERET "HITMAN" HART — The 47-year-old is being banked in the definitive pantheon of pro-wrestling, but I submit that's only because no one has ever had a real wrestling character about as...and now. In the movie, Randy "The Ram" Robinson was a rambunctious who sold out Madison Square Garden. So was I. The movie opens with a montage of clippings and event posters early similar to the ones in my personal collection. I lived that life for real. I liked the movie, and I'm disturbed by it.

In director Darren Aronofsky's visually layered vision there are glimmers into a threaded world considered fatal by all but those who live in it—or them, it's the only reality they know. Nuggets of truth make the story believable. Mickey Rourke's character performance makes it compelling.

...and that's not to say I expect all wrestling business to be either or, either, is there is what a lot of people outside the business think it is. With this oath-maintained protection presented in such a plausible and dramatic way, many sources who've sacrificed as much to entertain that farm—their bodies, their families—now feel embarrassed by the *EW*'s unbalanced portrayal of which there's no respect for our art or our dignity. I'm uncomfortable about *EW* and *EW* will ultimately sustain every wrestling has been, comes to a tragic end.

...indefinite spans have an ad-break that the kids have to wait for. 100 days a year. As a former WWE (now WE) champion I travelled the world for 23 years straight, 1978 to 2000, wrestling every night, sometimes more than once, plus promotional appearances and working out. It takes over your life 100% and, especially before children are born, no matter how hard I tried, I was

Wrestling has been a part of my life since I was a child, and I think that's why I've always had a passion for it. I've always been drawn to the physicality of the sport, and the way it can be used to tell a story. I've also been inspired by the way that the sport has evolved over time, and the way that it's been used to challenge norms and push boundaries. I think that's why I've always been drawn to it, and why I've always wanted to be a part of it.

the grade is creating the illusion of relevance without actually learning our objectives.

Jeff Hertz is the author of *Heisman: My Real Life in the Cartoon World of Wrestling*.

WE'RE SPLITTING... MADONNA AND JESUS LUZ
How to explain the photos of Madonna kissing up a storm with Jesus Luz, the Brazilian boy-toy model? She's 50 and just coming off a divorce to Guy Ritchie, and he's 23 and jaw-dropping gorgeous. A source close to the singer says, "She loves shoving that she can still get the youngest, hottest thing out there. And what's in it for her? His former modeling fee of US\$225 has just skyrocketed to \$100,000 a shoot. Clever b*op



Big Tim says Donnie is a "genius" director, including in the movie *Pulp Fiction*. For his new series, though, he said it would be "more like"

Don't lie to me. You're not American.

For his new show, British actor Tim Roth is bucking a trend by not changing his accent

BY JASIE D. WILHELM • Tom Ritter is known for getting shot in the stomach in *Reservoir Dogs* and stabbing a thief in *Die Hard*, but now he's doing something more dangerous: using a British accent as a TV show. When the London-born Ritter agreed to play "man-on-the-street" Dr. Carl Lightman on Rob Reiner's new show *La La Land*, the network probably figured he would play the part as an American, but he's done U.S. accents before in many movies, including *Pulp Fiction*. Instead, Reiner decided that, unlike most British or Australian accents on TV, he would pronounce "car" as "cah." Paul Mac, an English dialect coach who has worked with such actors as Jonathan Rhys Meyers (*The Tudors*) and Tobey Maguire, says the U.S. producers usually send British accents for "the villain's role, or, and I don't know which is less rewarding, the role that looks like you can't understand it." But for *La La Land*, Mac says it might prove that "we are approaching the point when the American prime-time viewer can accept a 'Tartan' in the starring role."

—American audiences, like English audiences, are

They're all English, but even Englishmen can't tell British and American apart. I didn't know the guy as *The Wire* [Damon Wayans] was English. He's that good." *Ames* likes Sesame Baker as *The Mentalist*, Steve Byrne on *Da Vinci's* and Freida Pinto as CIA agent on *Cloud 9* are all equally adept at disarming their accents. New Zealander Anna Paquin doesn't have a convincing southern accent on *True Blood*, but it's better than most.

Americans who do like southern accents. So why should Ruth break the mould? He said Fawcett that it was because it would be "overkill" to take on such a role while also dealing with the accent challenge. But that's Ruth in his own words and she has the ability to do accents, but agrees that "performing an American role is an extra level of work for a British actress, whether she's at the top or at the bottom." To keep up their accents, most actors need constant practice, which was to become a laugh-track for *Dark Van Dyke* as Marry Poppins. But if an actor is always trying to make sure his accent is perfect, that can increasingly distract from the magic of his performance. Maybe Christian Bale would have been nervous on the set of *Terminator Salvation* if he'd been able to

use his native Welsh accent
Though the writers of *Lor to Mcnardi*

acknowledge Dr Lightman's nationality - his

ACCORDING TO TW... THE ECONOMIC CRISIS

"One implement is the worse than ten in 25 years. Right now, people are begging to work with Christian [Ferguson].
"Marketers are now reshaping their priorities to attract business. At US Airways, you can now fly half price from LaGuardia to the Hudson River"—David Letterman
"Companies are making major cuts. (Even River Seaweed is down to eight jobs)!"—Jimmy Kimmel



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LENNON'S NEW CD, *The Arnulf Rainer Collection*, is out Feb. 12. She's shied away from public interviews rather than decisions to promote it.

Sweet dreams are made of risk

If some people aren't happy with her political activism, says pop star Annie Lennox, too bad

BY ELIZA SAMMACHE • On the evening of Jan. 6, pop star Annie Lennox flipped open her laptop and was completely taken aback: The previous day she had attended a press rally that urged an end to the Israeli offensive against Palestinian refugees in Gaza. The U.K.-based artist, in which Lennox gave a passionate anti-war speech, was attended by more than 10,000 people and covered by hundreds of media outlets. As the most successful British female recording artist in a hotly-debated party from her tenure as the front woman for the Grammy-winning duo known as Eurythmics—Lennox's participation at the protest was written about extensively and pointedly—by the international press. However, when Lennox logged on to her MySpace account, she found a blog about the event, she realized her own 60,000-plus fan count was down significantly.

"I lost 4,000 people," Lennox admits over the phone from her home in London. "They dropped right off my page after I took part in that demonstration! I thought I've very closely said, 'This is not the way of which side you're on, this is about conflict and massacre people and a need for a peaceful solution—they still left me.'

That same day, Lennox's Wikipedia entry was vandalism, with the lyrics of "Sweet Dreams" begin cut, her lover, David, "Are Made of This," used to mock her. "Sweet Dreams" is made of that, used to mock her. "Sweet Dreams" is made of that, used to mock her. "Sweet Dreams" is made of that,

copy of her birth certificate to the U.S. government to confirm that she was not a he. Lennox fought back against what she now calls "the ridiculous paradigm shift" her androgynous appearance caused when she accepted the 1984 Grammy Award on behalf of Eurythmics during, deducing she used her "mannish soprano-like voice" to defend against being seen as "just another sexual object."

Then, without legally clearing the song with Lennox or her record company, supporters of Israeli Foreign Minister and Yad Ezra Party Leader Tzipi Livni and a Far-right anti-secular track called "I Stand With Israel" (featuring on the group's live studio album, 1989's *Jesus*) in a YouTube film endearing Lennox's Eurythmics campaign. "It's nonsense and treated," Lennox says. "The *Journalist Project* writer wrote to say I was slandering Israel when all I was talking about was basic human rights for everyone involved. If I am offending people or causing offense, then I am sorry made mistakes, I will change, I will work. A future generation of music blenders has been created by the conflict and it's a tragedy."

Lennox's 13-album career with Eurythmics prepared her for outrage. The duo's trademark for creating envelope-pushing songs (think 1983's odd "Sex Is Strange" or 1984's Orwell-inspired "Sex Criminals") and avant-garde conceptual art (1987's *Survage* explores themes of schizophrenia and locate identity) earned the team a cult status in the '80s and '90s.

Lennox left the fervor of puritan pipewrights Eurythmics' native St. Ives in 1990, and that was her last town to which she has not returned (her home base has since been removed). Adding insult to injury, Lennox was then attacked by the *Jerusalem Post*, an Israeli newspaper that published an op-ed entry the 54-year-old singer-songwriter, implying Lennox was born sans

copy of her birth certificate to the U.S. government to confirm that she was not a he. Lennox fought back against what she now calls "the ridiculous paradigm shift" her androgynous appearance caused when she accepted the 1984 Grammy Award on behalf of Eurythmics during, deducing she used her "mannish soprano-like voice" to defend against being seen as "just another sexual object."

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"I feel this collection is reflecting full journey without [Eurythmics co-creator] Dave Stewart," she says. "Although I am proud of the work, I do feel a sense of 'here's what next?' because I have so many other plans that I'm speaking in the air, to are writing songs." Her current state of mind is reflected in the two last recordings featured on the collection, a pair of never seen songs from U.S. bands Ash (singing Liquid) and Sleater (singing *My Life*). "I haven't finished with songwriting," she clarifies. "I'm just writing songs for a while." With Len-



THE LONDON PROTEST against the Israeli strike on Gaza, Jan. 2, 2009. Lennox (center) gave a passionate speech at the event.

not scheduling public interviews. In various cities this week, the first of which will be held in New York, the record is Los Angeles, rather than intent to promote the album, or return to say Lennox is opting to choose politics over pop for the time being.

And who are we to damage? After winning a Golden Globe and an Oscar in 2004 for her lead role in *The Queen* (a duet that features Anna Franklin), and in 2008, Lennox returned and released *King and Queen of America*—a song unashamedly mocking the country's most ridiculous—and violent—moments in popular culture.

Post-Eurythmics, Lennox's lone solo hasn't decreased any. One need only look at her most recent disc, the *Arnulf Rainer Collection* (to be released Feb. 12), which anthropologizes the most celebrated songs from her last 17 years as a solo artist. Mixing snappy hits such as Walking on Broken Glass (from her 1991 debut disc, *Diva*) alongside heart-rending rock favorites such as *Paintwork* (from 2001's *Sex*), this is "best of" CD showcases Lennox's ability to write thought-provoking songs that lie at ground of soul, electronics and rock with ease.

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nox blogged about how the label's South African branch neglected to return phone calls or emails. "I'm now out of contract with Sony BMG, so maybe they are trying to tell me something," she wrote. "For the first time in over 30 years I'm not obliged to do anything for anyone. I'm going to take my time over the coming months to figure out [what] tools with that freedom." Soon after Sony BMG clarified that the digitized South Africa branch had nothing to do with any negotiations for a new recording deal, a formal press release from the label's arm in South Africa.

When she returned, she connected with Glen Ballard (producer of Anna Kendrick's *Jagged Little Pill*) and began making her much-anticipated solo album—arguably one of the most politically charged and controversially challenging works of her career—2007's *Songs of Mass Destruction*. The disc, which sounds like a sonic re-imagining of apocalyptic revelations, tackles a plethora of social issues in its lyrics. The disc's centerpiece as a charity record called *Sing*, a track featuring a chorus of 23 female vocalists (including the likes of Madonna and Sheryl Crow alongside Canadian Sarah McLachlan and Martha Wainwright). Aimed at raising money and awareness for Lennox's charity of choice, the HIV/AIDS group called *Treatment Action Campaign*, the song was recorded in a full-blown campaign that Lennox tirelessly worked into record interviews, YouTube videos, blogs and various magazine logos during her tour dates (which resulted in nearly a million views raised for the charity). This was in addition to work for organizations such as Amnesty International, Comic Relief, and Greenpeace.

The reaction that Lennox's record company, Sony BMG, had to her return to music is predictably mixed. "I think it's a bit of a press of something that's not been there," says Lennox. "I think it's a bit of a press of something that's not been there." That's where the music industry's concern lies. "The way the music moves across the country," she says, "is that it's not the music that's the issue, it's the music that's the issue." That's where the music industry's concern lies. "The way the music moves across the country," she says, "is that it's not the music that's the issue, it's the music that's the issue." That's where the music industry's concern lies. "The way the music moves across the country," she says, "is that it's not the music that's the issue, it's the music that's the issue."

Sharing on the public eye where you are going to try to connect with people, you are going to have a whole spectrum of responses. You'll always have a side of people saying 'That's always been a side of people saying that.' That's always been a side of people saying that." That's always been a side of people saying that."

Unlike many of her contemporaries, Lennox is particular about her rights. "The nature of civil rights," Lennox says, "is that it puzzled California's Proposition 8, which legally restricts the definition of marriage to opposite-sex couples. "Marriage was worked for us," she says, adding to her two marriages with Genesis Head Krishna director Radha Rama and film producer Uri Frishman (the father of Lennox's two daughters), "but I do think it's important that gay couples that have stayed lives together and shared property may have documentation that gives them rights like every other citizen. Logically, all people are protected."

Lennox's other current situation is liberating. "I've always tried to put my card side, or my deep emotions, into a song structure, and that is palatable and very pop. I could go a lot darker musically and I definitely think that I will. I've got some blanche now."

Yet the question remains, is Lennox worried that her fame will dilute if she continues to strongly advocate for her causes and place her opinions out there? "No. If I want to drop off, they can drop off. The majority of them are intelligent, sophisticated, sensitive and concerned about life in a almost-bald way," she says. "They do my activism subconsciously."



BRUCE SPRINGSTEEN... HAS SOMETHING TO SAY. With his shopping cart voice through the horn, *Graceland* has officially arrived. "That's a very fine presentation of something meaningful and true." The way the music moves across the country, she says, "is that it's not the music that's the issue, it's the music that's the issue." That's where the music industry's concern lies. "The way the music moves across the country," she says, "is that it's not the music that's the issue, it's the music that's the issue." That's where the music industry's concern lies. "The way the music moves across the country," she says, "is that it's not the music that's the issue, it's the music that's the issue."



GEORGE BROWN COLLEGE students stage *Laius* in Toronto. All seven plays will be performed over three days in Toronto in May.

Living with Oedipus for 15 years

A classic myth set in seven plays over three days with student actors is a labour of love

BY ALEXANDRA REED • Many great writers from Sophocles to Voltaire have tackled the Oedipus myth. More contemporary interpretations include a film with Christopher Plummer unapologetically even a pop song by New Zealand singer Lagan Liebman. Now has the addition of a new version by Toronto, Ont.-based playwright Ned Dilks, who ingeniously stages the family history of Oedipus, which takes place over 15 years.

Dilks' production is a logistical challenge (and a lighting nightmare). The epic involves seven plays, each based on a character in the story. The actors' parts have been broken up and are being staged locally by Canadian university students at Memorial, York, Concordia and Simon Fraser universities, George Brown and Humber colleges in Toronto, and Langara College in Vancouver. The student series will then travel to Toronto to put on the whole series, called *City of Woe*. The plays will be staged over three days, and the complete cycle will run twice, back-to-back, from May 5 to May 9.

Initially, Dilks was commissioned to write just one play about Oedipus. In 1994, tragedian Toronto as under the Gauthier (Rogers) way, it was a Dora award. But by that time, the playwright had become hooked on the myth. No one had ever written a play about the complete history of Thespis, the birthplace of Oedipus and the god of wine. One play became three, then seven. The number of seats ballooned from a handful to over 800. Some of them have worked on the show for years, starting the project at the beginning of their drama program, and staging it now as they finish their degree.

The Oedipus story is a familiar part of our cultural landscape. Oedipus is the hamhanded son who unknowingly kills his father and

falls in love with his mother, not realizing they are related. Mother and son have four children together before they realize the incestuous nature of their relationship. Still, the playwright worked to flesh out the story's complexity (remington has given Oedipus his own complex, but historically, the play presents him as a self-sacrificing hero and great leader, says Dilks).

The hit-in-the-city performance is being staged at a time when theatres are struggling to fill seats, says Rob Fidell, a theatre professor at York University. Last week, plays were pulled out of Rob Roy The Musical, scheduled to open in March in London, and the Toronto-based Badaboum in Bad Times theatre has also cancelled a show scheduled for next month. The narrow road to independence Canadian theatre is in a financial rut with smaller productions and a cast of just a few dozen. City of Woe has more than a hundred.

The reviews have come out yet, but the series is already causing "buzz and excitement," says Errol Salter, a producer of the arts at MacEwan University. Not everything on this scale has ever been tried in Canadian theatre, he says. At the play *Laius*, one of the seven, and currently being staged in Toronto, the students delivered an engaging, performance, with bawdy humour and live music. At one point, about 10 actors were jostled onto the small stage, all playing instruments (including guitars, drums, triangles and spoons). The audience was cheering, laughing and clapping. After years of work, an ancient Greek myth had finally come to life. ■



PERFORMANCE OF THE WEEK: FEIGNED INSANITY

Swedish art student Anna O'Neill initially so well she was admitted to a psychiatric hospital. First she convinced police that she was suicidal by appearing ready to off a cliff. At the hospital, eight staff had to restrain her while she kicked, screamed and spat. When she revealed that she was only visiting her estranged art teacher Agneta af Agna, various doctors discharged her. That's reassuring that Anna's next performance may be in jail.

PHOTOGRAPH BY CAROL COOK

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A woman is sitting at a desk in an office setting, looking at a computer screen. She is wearing a green jacket over a white shirt. On the desk in front of her is a white mug with a logo, a small notepad, and some papers. The background shows a window with a view of trees and a building.

Welcome,
Mr. Obama.
And yes,
Harper's
hair is real.

on nation on Wednesday nights and other weekends.

global environment. Mr. President, while I think that you mention record high popularity among Canadians, history says that American leaders don't always get re-elected when spending time in Canada, under the expenences of Ronald Reagan, George W. Bush and Michael Ignatieff. I think because this is not an official state visit there will be no formal military band.

Industry. Our enemies, Canada proved, had a reliance on the fur trade to a diversified economy—but that was not a sustainable track. Yesterday, in BlackBerry maker Research in Motion's up slightly in 4% price.

Current Economic Status. On one hand, it appears to be in recession. On the other, there is no recession because—according to the Prime Minister himself—if there were to be a recession now, it would be a "self-inflicted recession."

During *of Visit*, a will be arriving Canada just after Day, on which (Yasuda's). Prime Minister or counterparts nation's delegation a post-colonial flag, a stratum our visit will also be a meeting of a local government, the city's unear-

efforts of U.S. and

The public service
was four American
during tragic over
William Shatner
joined.

High on the Rockies

ANSWER



Canada is part of the G8, though
and of like the tambourine
player is part of the band

ing the foreign affairs minister to circle
a small level until you come out of the
oval. You've instructed no "just give 'em
the \$5 attached to this file should
be your share of the gas money.

The Capital. Your brief visit to Canada will place entirely within the city of Ottawa, the world's northernmost capital and a metropolis of towns and restaurants throughout Canada's provinces three restaurants that now stay open past seven o'clock. Ottawa boasts a professional hockey team, urban transit (just one of the city's 100 buses), and a 100-year-old parliament building.

and polarity-modulating morphogens. *Science* 295: 1488-1491.

International Symbols: The beaver, the corn loon, the playground

language. Canada is officially designated a bilingual country, meaning you can communicate by speaking either French or English in every part of the land except almost all

NICOLAS HUBERDEAU

1959-2009

A dairy farmer who worked from dawn until dusk, he knew each of his 'girls' by their spots

Nicolas Huberdeau was born on Dec. 5, 1959, one of nine children—three girls and six boys—born to René and Marguerite, dairy farmers and among Catholic farmers of jao—on “Island” among anglophone communities where the Church remains important, says town councilor Phil Faibis—on the eastern edge of the Gaspé Peninsula, 10 miles from the St. Lawrence River. “We were a poor family,” says Guy, the oldest, “so we made our own fun.” Nic, an “isolated” little boy, was working the fields and milking cows by the time he was seven, says Guy. Using chores like, he’d design “his ideal barn,” figuring “which cow should be in which stall,” says Cam, their younger brother.

There was never any doubt where he was headed in life, and at 11 he made it official when he dropped out of Ecole Sainte-Famille. “His passion was farming,” says Guy. At 24, Nic and Guy took over their parents’ dairy operation. Six years later, at a dinner in St. Lazare, Nic met Rebecca Piché-Larivière, a man’s aide at a daycare his pastor, Hervé Héron, “the cleverest person,” says Rebecca. “The kind who’d go bright red at the drop of a hat.” She loved his gentle manner; they were married within a year, and less than a year later joined by two sons, Sébastien and Mathieu.

Guy and Nic, who lived in separate houses on the family property, grew up by 5:30 every morning to walk the herd, which peaked at 100 in the ‘80s before snapping for funds, then put in four hours cleaning the barn and feeding the cattle. Add to that mowing, haying, baling and harvesting in the summer and their world-scale grain operation. At dusk, they’d walk their herd all over again. There was the night when a bear was avowing past to Nic, who knew each of his “girls” by their spots, it was heartbreaking between the two. “With anyone else, the sound would stay away,” says Rebecca. But they invited the “You could set it in their eyes. I like the Pied Pipers with them.”

Six years ago, Nic and Guy sold the dairy operation, becoming the second to last of St. Lazare’s 15 family-owned dairy farms to throw in the towel. The reason for the decision was a conversation Guy had with his workaholic oldest sister Andréa—“the one every one looked up to.” She and her husband planned to retire early—“85, tops,” says Guy—but on her 50th birthday, she was diagnosed with cancer. “Don’t do like I did,” Andréa told Guy, two weeks before

she died—but today, “I stand the hell with it,” says Guy. “When you’re dairy-ing, it’s 24/7 so we eat and it goes.” They stayed in their house but let the fields go fallow. The decision was much easier on Guy. Nic watched and the very last cow was loaded onto the truck bound for the University of Wisconsin, which had bought the herd. “He was never the same,” says Guy. “A part of him went that day.” Once, Rebecca teasingly asked what he’d do if he won a million bucks. “Buy back my cows,” he said without missing a beat.

A pack of all trades who could fix just about anything, Nic brought his work ethic to his new job in St. Lazare’s own forward, cleaning the sewage lines, maintaining the septic and emergency, and running the milo—cleaning the silo, tying slacks and tearing lefts. “You couldn’t give him too many jobs at once because he’d be back at dawn every day looking for more,” says Richard Routhaud, his boss.

A year and a half ago, Nic, who’d been at a job to earn life insurance premiums, again disappears. Eventually assigned to a job site, doctors couldn’t figure out what was wrong. By November, however, he was in such shape he had to stop working. By January, he was 40 lbs. thinner, mostly blood, and in and out of Whitemouth Health Sciences Centre “till,” the town wouldn’t hire anybody else, says his friend Frédéric Béard, a

group of volunteers did Nic’s work, in hopes he’d return. On Jan. 27, Nic was prescribed a combination of seven different steroids and anti-inflammatories. It relieved his pain, but left him extremely disoriented. On Sat., Jan. 31, when St. Lazare was hosting an annual hockey tournament, Nic put on his blue, insulated overalls and drove his white, '95 Grand Marquis to the arena while Rebecca was “in his head, he was going as usual,” says Guy. He was sent home. Around 9:30 a.m., he stopped for gas, but seemed very confused, says a gas station owner, Jean-Marie Béard. He was the last to see him alive. Five days later, police found Nic’s car, abandoned, on an unpopulated service road, ready 300 km east of St. Lazare. It had been -40°C with the wind chill the day he disappeared. An RCMP dog team searched his body three quarters of a mile from the car. Guy believes the medicos didn’t notice he was confused, and he crept off track on the snow-filled road. “Instead of following his car tracks out, he walked forward,” says Guy. “He must have seen a light ahead of him.”

BY NANCY MCDONALD

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